

Year 10 Curriculum Overview [2022-2023]

Subject: Food Preparation & Nutrition

Autumn Term	Knowledge & Understanding			Literacy Skills Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
HT1	<ul style="list-style-type: none"> Food commodities – Fruit & vegetables Preparation & cooking techniques 	<ul style="list-style-type: none"> Food provenance Primary & secondary stages of processing foods. Food origins Food miles – From farm to fork. Seasonality Application of Knife skills Use of the oven / temperature control 	<ul style="list-style-type: none"> Carbon footprint Knife skills Cooking temperatures Hygiene procedures 	<ul style="list-style-type: none"> Key vocabulary Discussions Listening skills 	<ul style="list-style-type: none"> Staying healthy Time management Working independently 	<ul style="list-style-type: none"> Formative Practical Assessment Summative Written assessment
HT2	<ul style="list-style-type: none"> Food commodities – cheese, milk, yogurt Preparation & cooking techniques Food investigation 	<ul style="list-style-type: none"> Food Manufacturing Food Provenance Factors affecting food choice Food spoilage Food storage Use of oven / hob Temperature control NEA1 (Non-Examination Assessment) trial food experiment 	<ul style="list-style-type: none"> Primary & secondary processing Preventing food poisoning 	<ul style="list-style-type: none"> Analysing results and evaluating what was discovered. Writing an evaluation 	<ul style="list-style-type: none"> Evaluation writing Numeracy / measuring Independent thinking skills 	<ul style="list-style-type: none"> Formative Practical Assessment Summative written investigation assessment

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Spring Term	Knowledge & Understanding			Literacy Skills Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
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HT3	<ul style="list-style-type: none"> Food commodities – Meat, poultry, eggs 	<ul style="list-style-type: none"> Why food is cooked Preparing meat Sustainability Food science investigation Functions of eggs in cooking. 	<ul style="list-style-type: none"> Cross contamination Food storage Where food comes from 	<ul style="list-style-type: none"> Summarising what was discovered during an investigation Key vocabulary 	<ul style="list-style-type: none"> Analysing skills Working with others Listening skills 	<ul style="list-style-type: none"> Formative Practical Assessment Summative written assessment

	<ul style="list-style-type: none"> Preparation & cooking techniques Food investigation 	<ul style="list-style-type: none"> Technical cooking skills Cross contamination Use of the oven Food presentation Preparing Meat 				
HT4	<ul style="list-style-type: none"> Principles of nutrition Special diets 	<ul style="list-style-type: none"> Factors affecting food choice Food Intolerances / allergies Food in relation to religion Ethical food matters 	<ul style="list-style-type: none"> Sustainability Intolerances Allergies 	<ul style="list-style-type: none"> Key terms / definitions Extended answers to exam questions 	<ul style="list-style-type: none"> Recognising different cultures and beliefs Communication skills 	<ul style="list-style-type: none"> Formative Practical Assessment Summative written assessment

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	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
HT5	<ul style="list-style-type: none"> Food commodities – Fish Preparation & cooking techniques of desserts. Food investigation 	<ul style="list-style-type: none"> Developing recipes Cooking techniques Preparing Fish Sustainable fishing Making sweet pastry products Preparing & making desserts Emulsification Trial food science investigation 	<ul style="list-style-type: none"> Pastry making Cake making Preparing meat & fish 	<ul style="list-style-type: none"> Interpreting written instruction Listening skills Communication skills 	<ul style="list-style-type: none"> Decision making Communication Being creative Numeracy / Measuring 	<ul style="list-style-type: none"> Formative practical assessment Summative written investigation assessment
HT6	<ul style="list-style-type: none"> Food commodities – vegetarian Preparation & cooking techniques. Food investigation 	<ul style="list-style-type: none"> Meat alternatives Food presentation Accompliments to a dish Developing recipes Cooking techniques Application of technical skills 	<ul style="list-style-type: none"> Where food comes from How food is grown Knife skills 	<ul style="list-style-type: none"> Conveying ideas Reading instructions 	<ul style="list-style-type: none"> Listening skills Creative thinking Independent working 	<ul style="list-style-type: none"> Formative practical assessment Year 10 mock written paper