

Year 10 Curriculum Overview [2020-2021]
Subject – Food Preparation and Nutrition

Autumn Term	Knowledge & Understanding			Literacy Skills Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [includes understanding of KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
HT 1 and 2 Food, Nutrition and Health	Macronutrients – Protein, Carbohydrates and Fats	<ul style="list-style-type: none"> • Source • Function • Excess • Deficiency • Dietary reference value 	<ul style="list-style-type: none"> • KS3 knowledge of nutrients • Retrieval activity on Proteins • Retrieval activity on fats • Retrieval activity on carbohydrates • Retrieval of macronutrients 	Keywords and key terminology Oral skills developed through discussions & question and answer sessions Short response questions Note taking	<ul style="list-style-type: none"> • Listening skills • Discussion – sharing points of view 	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment • Half termly summative assessment
	Micronutrients – Vitamins (fat soluble A, D, E and K / water soluble B1, B2, B3, B9, B12 and C) Minerals (calcium, iron, sodium, fluoride, iodine and phosphorus)	<ul style="list-style-type: none"> • Source • Function • Excess • Deficiency 	<ul style="list-style-type: none"> • Retrieval of Macronutrients <ul style="list-style-type: none"> • Memory recall of functions of vitamins and minerals 	Oral presentation skills Chemical names of vitamins – key terminology Oral skills developed through discussions & question and answer sessions Short response questions	<ul style="list-style-type: none"> • Oral presenting skills • Presenting work in different formats to suit different audiences • Understanding of health and nutrition for wellbeing 	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment • Half termly summative assessment

				Note taking		
	Water	<ul style="list-style-type: none"> • Functions • Sources • Deficiencies • Excess 	<ul style="list-style-type: none"> • Dehydration and rehydration • Macro and micro nutrients retrieval 	<ul style="list-style-type: none"> • Providing information in a variety of formats for different audiences • Note taking • Oral discussion 	<ul style="list-style-type: none"> • Discussion skills • Identification of problems / issues and suggesting ways to solve them 	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment
	Informed food choices	<ul style="list-style-type: none"> • dietary guidelines • Planning balanced meals 	<ul style="list-style-type: none"> • 5 a day • The Eatwell plate • Macro and micro nutrients 	<ul style="list-style-type: none"> • Interpreting information from different sources • Written responses 	<ul style="list-style-type: none"> • Interpretation of information from different formats • Discussion • Listening skills 	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment
	Energy Needs	<ul style="list-style-type: none"> • Functions of energy • sources of energy • deficiency of energy • excess of energy • energy and life stages 	<ul style="list-style-type: none"> • What do I need to keep my body functioning? • Dietary guidelines • How and when does my body use energy 	<ul style="list-style-type: none"> • Listening skills • Oral contribution • Written responses 	<ul style="list-style-type: none"> • Summarising • Writing skills 	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment
	Nutritional Analysis	<ul style="list-style-type: none"> • Nutritional information and data • modifying recipes and meals to reflect nutritional guidelines. 	<ul style="list-style-type: none"> • Traffic light system • Nutritional labelling 	<ul style="list-style-type: none"> • Interpreting data to inform responses • Reading symbols to interpret information • Writing opportunities 	<ul style="list-style-type: none"> • ICT skills 	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment
	Diet, Nutrition and Health	<ul style="list-style-type: none"> • The relationship between diet, nutrition and health 	<ul style="list-style-type: none"> • Recall of obesity, coronary heart disease, skeletal disease, type 2 diabetes and iron deficiency anaemia 	<ul style="list-style-type: none"> • Reading opportunities • Written responses to short and long response questions 	<ul style="list-style-type: none"> • Understanding where problems originate from • Being able to offer a range of solutions • Empathy – understanding other people's point of view 	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment

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Spring Term	Knowledge & Understanding			Literacy Skills Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [includes understanding of KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
HT3 and 4 Food Science	Reasons for cooking food and heat transfer	<ul style="list-style-type: none"> Why food is cooked Conduction Convection Radiation Range of cooking methods 	Macro and micro nutrients Science retrieval on heat transfer Knowledge retrieval from practical experiences	Oral skills – explaining and describing Discussion Question and answer sessions Short response writing	Being able to cook Understanding the ways to cook Explaining skills	<ul style="list-style-type: none"> Keyword tests Retrieval opportunities Formative assessment Half termly summative assessment
	Methods of cooking	<ul style="list-style-type: none"> cooking methods Effect of cooking methods (appeal, sensory qualities, palatability and nutritional values) 	Heat transfer Knowledge retrieval from practical experiences	Oral skills – explaining and describing Discussion	Listening skills Explaining and describing skills	<ul style="list-style-type: none"> Keyword tests Retrieval opportunities Formative assessment Half termly summative assessment
	Functional and chemical properties of food –	<ul style="list-style-type: none"> protein (structure, denaturation, coagulation, gluten and foams) Carbohydrates (gelatinisation, dextrinization and caramelisation) Fats and oils (chemical structure, shortening, aeration, emulsification) Raising agents (what is a raising agent? How raising agents work) 	Retrieval of functional and chemical properties of proteins Retrieval of functional and chemical properties of carbohydrates Retrieval of functional and chemical properties of fats Retrieval of functional and	Longer written responses Multiple choice questions Discussion and debating Note taking Improving written explanations with labelled diagrams	Logical thinking Application of knowledge to different scenarios	<ul style="list-style-type: none"> Keyword tests Retrieval opportunities Formative assessment Half termly summative assessment

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Summer Term	Knowledge & Understanding			Literacy Skills Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [includes understanding of KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
HT 5 and 6 Food safety & Food provenance	Food Spoilage and Contamination	<ul style="list-style-type: none"> • Micro-organisms and enzymes • Signs of food spoilage (how enzymes affect foods, how moulds affect foods and how yeasts affect foods) 	Macro and micro nutrients Methods of cooking Food spoilage KS3 Enzymes The danger zone	Multiple choice questions Problem solving skills Applying knowledge through oral discussion Written responses	Process of elimination Problem solving Safety awareness	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment
	Micro-organisms in food production	<ul style="list-style-type: none"> • Microorganisms in bread production • Microorganisms in cheese production • Microorganisms in yoghurt production 	Micro-organism retrieval How micro- organisms multiply / conditions needed Heat transfer	Flow charts Identification of key processes within a whole process Listening skills	Independent study Presentation skills	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment
	Bacterial contamination	<ul style="list-style-type: none"> • Types of bacteria that cause food poisoning • How bacteria grow and multiply • How foods become contaminated • Control and prevention of bacterial contamination 	Food poisoning retrieval Functional and chemical properties of foods	Sharing information through a variety of media to suit audiences Longer written responses Multiple choice	Safety of others Risk assessment	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment

	Principles of Food Safety	<ul style="list-style-type: none"> • Buying food • Storing food • Preparing food • Cooking food • Serving food 	Food spoilage retrieval Macro and micro-organisms Methods of cooking	Listening skills Writing opportunities	Application of knowledge to a variety of situations	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment
	The environmental impact and sustainability of food –	<ul style="list-style-type: none"> • Where and how ingredients are grown • Where and how ingredients are gathered • Where and how ingredients are reared • Where and how ingredients are caught • Intensive farming • Genetically modified foods • Environmental issues associated with food • Sustainability of food 	Functional and chemical properties Retrieval from geography KS4 curriculum Balanced diet retrieval	Research skill Oral discussion Writing with facts and data	Environmental awareness Presentation skills Independent study	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment
	Processing and production of food	<ul style="list-style-type: none"> • Primary processing of food • Secondary processing of food • Technological developments associated with better health • Food production 	Environmental issues retrieval Principles of food safety	Research skills	Research skills Use of ICT	<ul style="list-style-type: none"> • Keyword tests • Retrieval opportunities • Formative assessment Half termly summative assessment