

Year 10 Curriculum Overview

Food Preparation and Nutrition

Term	Theory	Practical
Autumn 1	Food provenance Seasonal foods Environmental issues	Seasonal soup Chocolate/banana cupcakes – food miles
Autumn 2	Advantages and disadvantages of locally produced foods Impact of food security Food production End of topic test – food provenance	Food waste – prepare dish using left over food from home.
Spring 1	Food Safety – spoilage and bacteria At risk groups Role of EHO Food safety and legislation Types of food poisoning Symptoms of food induced ill health End of topic test – Food safety	Cook a dish for an at risk group
Spring 2	Commodities – basic bread dough Methods of making Commodities – eggs	Swiss roll development Flap jacks Boiled eggs with mayonnaise
Summer 1	Commodities – Flour – gluten structure NEA1 practice – gluten experiment Commodities – Grains Commodities – Cheese and dairy Commodities – Meat	Pasta – shaping and colouring Develop and nutritious cereal bar Mozzarella Beef en Crouete – shortcrust pastry Chicken Pie – debone chicken/shortcrust pastry Chilled lemon flan – Denaturation of proteins
Summer 2	Cooking methods NEA1 NEA2 mock – research/plan/cook/evaluate	Puff pastry Cook 2 dishes of choice in 2 hour mock exam