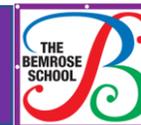


Curriculum Overview: Year 10 Food Preparation and Nutrition					
Summer 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
<p>Topic Principles of Nutrition</p> <p><i>Macronutrients</i> <i>Micronutrients</i> <i>Functions in the body</i> <i>Sources of Food</i> <i>Practical skills- shallow frying; knife skills; baking; use of raising agents</i></p>	<p>Topic Food Safety and Food Provenance</p> <p><i>How to store food</i> <i>Cross-contamination</i> <i>Farming methods</i> <i>Air miles</i> <i>Practical skills- Handling meat; coating; reduction sauce</i></p>	<p>Topic Food Science</p> <p><i>Heat transfer methods</i> <i>Processes of carbohydrates, proteins, and fats</i> <i>Gluten formation</i> <i>Practical skills- making a dough; grilling; use of hob; baking; rubbing in</i></p>	<p>Topic Food Science and NEA 1 Mock</p> <p><i>Aeration and emulsification</i> <i>Enzymic browning</i> <i>Food science investigation</i> <i>Practical skills- Mechanical aeration; shaping; skills linked to brief of NEA 1</i></p>	<p>Topic Diet and Health</p> <p><i>Different energy needs</i> <i>Life stages</i> <i>Dietary related diseases</i> <i>Reading food labels</i> <i>Practical skills- Blending; shortening; coagulation of eggs; weigh and measure</i></p>	<p>Topic Food Commodities</p> <p><i>Individual case-study into eggs, flour, meat, carbohydrates, milk, cheese, fats, and oils</i> <i>Practical skills- shallow frying; marinating; aeration; use of pasta machine</i></p>
<p>Links to prior learning Eatwell Guide taught in Y7. Introduction of food groups in KS3. Practical skills built on from KS3.</p> <p>Stretch and Challenge Enquiry What are the scientific structures behind each food group?</p>	<p>Links to prior learning Cross-contamination taught in Y8. Practical skills built on from KS3.</p> <p>Stretch and Challenge Enquiry What are the different bacteria which can cause food poisoning?</p>	<p>Links to prior learning Introduction of food groups in KS3 and 'Principles of Nutrition' topic. Practical skills built on from KS3.</p> <p>Stretch and Challenge Enquiry How do different food groups react to different cooking techniques and why?</p>	<p>Links to prior learning NEA 1 based up content learnt in 'Food Science' topic. Practical skills built on from KS3.</p> <p>Stretch and Challenge Enquiry How do the different methods of aeration create different processes in cooking and why?</p>	<p>Links to prior learning Life stages taught in Y9 project. Dietary related diseases linked to macronutrients and micronutrients. Practical skills built on from KS3.</p> <p>Stretch and Challenge Enquiry What are the biological reasons why different age groups have differing nutritional needs?</p>	<p>Links to prior learning Different food groups taught in 'Principles of Nutrition' and 'Food Science' topics. Practical skills built on from KS3.</p> <p>Stretch and Challenge Enquiry What are the scientific changes that occur to different foods when cooked?</p>
Equipment Needed		Wider Reading		Family activities	
Paper, pens, exercise book Main practical equipment: Frying pan		GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize		Cooking family meals together. Baking sweet treats together.	

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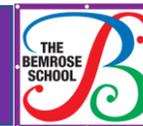


<p>Saucepan Different coloured chopping boards Hob Mixing bowl Whisk Oven Vegetable knife Grill Hand blender Pasta machine Peeler Pastry brush Sieve Colander Weighing scales Food processor Baking tray</p>	<p>Free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training. - Food A Fact Of Life GCSE Food Preparation and Nutrition Eduqas</p> <p>Food Preparation and Nutrition GCSE Revision Revision World</p>	<p>Discussion of taste, texture, aromas, and appearance of food after meals.</p> <p>Doing the food shop together to look at food costing and labels.</p> <p>Trying new foods or cuisines from around the world.</p> <p>Analysing the healthiness of different foods you eat together as a family.</p> <p>Visiting different cafes and restaurants to gain knowledge of presentation techniques and popular dishes.</p>
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Curriculum Overview: Year 11 Food Preparation and Nutrition

Summer 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
<p>Topic Mock NEA 2 <i>Researching and investigation brunch.</i> <i>Cooking a range of dishes which link to brunch.</i> <i>Evaluation of practical skills.</i> <i>Practical skills- a range depending on</i></p>	<p>Topic NEA 1 <i>Food science investigation- Skills depend upon the brief given by exam board.</i> <i>Practical skills- Skills linked to brief of NEA 1</i></p>	<p>Topic NEA 2 <i>The Food Preparation Assessment- investigation, cooking, and evaluation.</i> <i>Practical skills- a range depending on dishes selected by each student.</i> <i>Note: 3-hour practical exam, off timetable</i></p>	<p>Topic NEA 2 <i>The Food Preparation Assessment- investigation, cooking, and evaluation.</i> <i>Practical skills- a range depending on dishes selected by each student.</i> <i>Note: 3-hour practical exam, off timetable</i></p>	<p>Topic Revision <i>Revision of 'Food Science', 'Diet and Health', and principles of nutrition.</i> <i>Practical skills- a range depending on dishes selected by each student.</i></p>	<p>Topic Revision <i>Revision of 'Food Commodities' and 'Food Provenance'</i> <i>Practical skills- a range depending on dishes selected by each student.</i></p>

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<i>dishes selected by each student.</i>					
<p>Links to prior learning Investigation project in Y9. Sensory evaluations carried out throughout KS3. Practical skills built on from KS3.</p> <p>Stretch and Challenge Enquiry How can you ensure you investigate a range of brunches from around the world?</p>	<p>Links to prior learning Food choice linked to 'Diet and Health', 'Food Miles', and 'Food Provenance' topics. Practical skills built on from KS3.</p> <p>Stretch and Challenge Enquiry What are the working characteristics and functional and chemical properties of a range of food commodities?</p>	<p>Links to prior learning Key skills linked to Mock NEA 2. Knowledge of different cuisines linked to 'Food Provenance' topic.</p> <p>Stretch and Challenge Enquiry How can you cook a 3-course meal which showcases a variety of complex cooking skills?</p>	<p>Links to prior learning Revision of key content from topics listed above.</p> <p>Stretch and Challenge Enquiry What are the differences between monosaccharides and polysaccharides? What are the differences between monounsaturated fat and polysaturated fat?</p>	<p>Links to prior learning Revision of key content from topics listed above.</p> <p>Stretch and Challenge Enquiry What is the scientific reaction which occurs in bread making?</p>	<p>Links to prior learning Revision of key content from topics listed above.</p> <p>Stretch and Challenge Enquiry Why are eggs such a versatile ingredient and what are the changes that occur in different dishes?</p>
Equipment Needed		Wider Reading		Family activities	
<p>Paper, pens, exercise book Main practical equipment: Different coloured chopping boards Hob Mixing bowl Whisk Oven Vegetable knife Grill Hand blender Pasta machine Peeler Pastry brush Sieve Colander Weighing scales Food processor</p>		<p>GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize</p> <p>Free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training. - Food A Fact Of Life</p> <p>GCSE Food Preparation and Nutrition Eduqas</p> <p>Food Preparation and Nutrition GCSE Revision Revision World</p>		<p>Cooking family meals together.</p> <p>Baking sweet treats together.</p> <p>Discussion of taste, texture, aromas, and appearance of food after meals.</p> <p>Doing the food shop together to look at food costing and labels.</p> <p>Trying new foods or cuisines from around the world.</p> <p>Analysing the healthiness of different foods you eat together as a family.</p> <p>Visiting different cafes and restaurants to gain knowledge of a variety of cuisines.</p>	

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Baking tray		
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