

Food Preparation and Nutrition Long Term Plan Year 10 2019/20

Temperance Term

W/C	2nd September	9th September	16th September	23rd September	30th September	7th October	14th October	21st October
Topic	H&S	Diet	Eatwell Guide				Garnishing	Assessment
	Induction to course Health, Safety and Hygiene Course specification, assessment and tasks	Healthy balance, diet through life, planning a meal for a teenager Practical – meal for a teenager	Protein HBV, LBV, deficiency and protein requirements. Practical- Student choice: Dish high in protein.	Carbohydrates, Simple and complex. Fibre, NSP and breakdown of carbohydrates Practical: High Fibre Muffins	Definition and function of Fats. Fat storage and use of fats within both body and diet. Practical: Pastry tartlets	Micronutrients. Vitamins and minerals. Application of both to body and dishes, deficiencies and sources. Practical: Vegetable stir fry	Technical skills Showcase. Garnishing, application of techniques and chef level skills Basic-complex.	Half term assessment. Revision on Eatwell Guide, Vitamins and minerals and health and safety.
Challenge		Tailored dietary need with teenage diet	Shows understanding and application of both HBV and LBV Protein	Application of fibre and fibre sources to practical outcome	Use of 2 types of pastry with correct application	Knife skills- 6 knife skills shown through slicing and dicing (shet may be used to help assess work)	Creation of 2 or more complex level garnishing	Reach the higher tier questions and successfully break down answers
Assessment		Teacher marked and assessed.	SMHW marked quiz	Student Peer Assessment	Self assessment against criteria	Self assessed practical and evaluation against criteria	Teacher marked and assessed.	Assessment paper Teacher marked and assessed.
W/C		4th November	11th November	18th November	25th November	2nd December	9th December	
Topic	HALF TERM	H&S		Diet	Diet/ H&S Application			CHRISTMAS
		Hygiene and safety Nutritional analysis Producing time plans for making Calculating costs	Sensory analysis and profiling. Use and application of profile and future application of results.	Adapting recipes Special dietary needs. Analysis of several different needs and comparison of needs. Chef application and how needs are met in kitchens	Christmas challenge Application of studies through live brief in link with CFS Friends. Practical- Product of students choosing in teams	Evaluation of Christmas challenge. Adaption of product, how could the product be changed to suit other needs		
Challenge		Dish shows high level of H&S and can be verbally communicated	Recipe shows 3 GCSE skills at complex level	Sauce created from scratch (either custard, crème anglaise or caramel)	Costing and analysis of recipes compared to find best product	Application of recipe and application of H&S throughout project, lading others to do so.	Adaptions stated through life stage and dietary need	
Assessment		Teacher assessed through verbal communication	Peer marked and assessed against set criteria	Peer assessed, even layers, sauces holding texture, no soggy bottoms.	Self/ Teacher assessed through the challenge process against set criteria			

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Justice Term

W/C	6 th January	13 th January	20 th January	27 th January	3 rd February	10 th February	HALF TERM
Topic	Life Stages		Assessment				
	Eatwell guide The importance of consuming the right diet and different life stages. Application of diet to life stage through practical method. Practical- Main dish suitable for a specific life stage (drawn from research)	Energy Application of food in the body, production of energy and how various needs are met through life stages. Practical- Sausage rolls	Mock NEA2	Mock NEA2	Mock NEA2	End of module test Revision of previous work and assessment.	
Challenge	Creation of main dish in 45min making sure it meets 4 out of the 6 criteria set	Adaption of recipe to meet needs of an athlete	Complex level dishes created in section B & D (sheets may be used to assist)	Complex level dishes created in section B & D (sheets may be used to assist)	Dishes selected must use 10 of the 12 GCSE skills	Evaluation must show nutritional breakdown and future practical applications	
Assessment	Self assessed against set criteria	Self assessed against set criteria	Teacher assessed within guidelines with exam board				
W/C	24 th February	2 nd March	9 th March	16 th March	23 rd March	30 th March	EASTER
Topic	Food Safety Certification		GCSE Practical Skills				
	Food Safety certificate – Unit based food safety certificate L2		GCSE Skills- S11 chemical raising agents. Application of raising agents investigation. Plan, experiment and evaluation. Practical- investigation into raising agents	GCSE Skills S8 Sauce making. Practical- Mayonaise/roux sauce	GCSE Skills S7 Prepare, combine and shape. Jointing a chicken and application of parts in various recipes.	GCSE Skill 9 Tenderise and marinade. How acids denature protein. Marinades add flavour and moisture when preparing vegetables, meat, fish and alternatives. Practical- Mediterranean chicken.	
Challenge	Reach all questions completed in modules		Analyse and evaluate throughout	Create a flavoured mayonnaise that does not split	Joint the chicken without any assistance	Create own marinade and combine with manual tenderisation	
Assessment	Online assessment	Online assessment	Teacher assessed, VF given	Self/ peer assessment on successful methods of sauce making	Teacher assessed, VF given	Peer assessed (sensory analysis)	



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Courage Term

W/C	20 th April	27 th April	4 th May	11 th May	18 th May	HALF TERM
Topic	Assessment					
	Mock NEA1			Revision for FPN exam		
Challenge	Independently investigate task – research into possible background of task	Independently investigate task and evaluate outcomes	Practical application of research and evaluated work to create final outcome. No assistance from teacher or use of writing frames.	Reach top band marking in practice questions – use improvements from previous questions	Reach top band marking in practice questions	
Assessment	Teacher assessed within guidelines with exam board			Year 10 Mock Exams		
W/C	1 st June	8 th June	15 th June	22 nd June	29 th June	6 th July
Topic	Work Experience	Heat Transfer/ Cultural foods	Cultural foods			Evaluation
		Heat transference-application and reaction. Factors that influence what we eat. Culture and cuisine of other cultures – influences on our diet Practical – Chow mein/ Curry	International foods sensory analysis, links to health and deficiencies. Food miles and carbon footprint. Practical- lasagne	Great British afternoon tea- Task based around afternoon tea. Students will need to follow live brief	Great British afternoon tea- Task based around afternoon tea. Students will need to follow live brief	Evaluation of year 10- Area’s students have done well in, areas for improvement. Skills to prepare students for year 11 and coursework.
Challenge		State and apply 2 types of heat transference to chosen dish	Adapt lasagne to link with sensory analysis results	Lead task and adapt recipes to suit dietary requirements	Lead task and adapt recipes to suit dietary requirements	Full Evaluation stating criteria points and future application of skills
Assessment		Peer assessed (analysis matrix used)	Self/Peer assessment on set criteria	Teacher assessed- VF Given	Teacher assessed- VF Given	Self/Peer assessment on set criteria