

Food Preparation and Nutrition Long Term Plan Year 10

Temperance Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Topic	H&S		Eatwell Guide			Garnishing		
Core	Induction to GCSE course <ul style="list-style-type: none"> Health, Safety and Hygiene in the kitchens Rules and regulations within the kitchen setting Course specification Assessment and tasks related to GCSE 		Advanced application of the Eatwell Guide and its uses <ul style="list-style-type: none"> What is Protein and the scientific properties. HBV, LBV, deficiency and protein requirements. Protein Practical- Mini Quiches What are Carbohydrates, Simple and complex. What is Fibre, NSP and breakdown of carbohydrates Carbohydrates Practical: High Fibre Muffins Definition and function of Fats. Fat storage and use of fats within both body and diet. Fats Practical: Cheese Twists What are the Micronutrients, effects on the body and excess and deficiencies. Vitamins and minerals. Application of both to body and dishes, deficiencies and sources. Micronutrient Practical: Vegetable stir fry 			Technical skills Showcase. <ul style="list-style-type: none"> Garnishing, application of techniques and chef level skills Basic- complex. Evaluation of practical skills- areas to improve Practical- Application Showcase. Plate up and garnish- Teacake challenge 		
Challenge	Advanced application of H,S&H in the kitchens HW- Fact file of H,S and H to place into revision folder		<ul style="list-style-type: none"> 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 (sheet may be used to help assess work) HW- Eatwell guide quiz and revision profiles			Creation of 2 or more complex level garnishing HW- Evaluation of work		
Assessment	Teacher assessment of application of skills		Student Peer Assessment Self assessed practical and evaluation against criteria			TVF against set criteria		

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Topic	H&S		Diet	Diet/ H&S Application			
Core	Hygiene and safety – Pre kitchen practices <ul style="list-style-type: none"> What is Nutritional analysis and why is it used Producing time plans for kitchen and personal use Calculating costs and application of budget H&S Practical – Fruit tarts with crème patisserie Sensory analysis and profiling. Use and application of profile and future application of results. Practical- Gyoza's 		Adapting recipes for additional needs <ul style="list-style-type: none"> Special dietary needs. Analysis of several different needs and comparison of needs. Chef application and how needs are met in kitchens Additional needs practical- Cheese and onion plait 	Christmas challenge <ul style="list-style-type: none"> Application of first half term studies through live brief in link with CFS Fundraising and House Champions. - Practical- Spiced apple tarts and Christmas Cake (boxed) Evaluation of Christmas challenge. Adaption of product, how could the product be changed to suit additional needs 			
Challenge	Dish shows high level of H&S and can be verbally communicated Recipes show 3 GCSE skills at complex level HW- Full time plan of 2 dishes		Sauce created from scratch (either custard, crème anglaise or caramel) HW- Evaluation of dish against brief	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 HW- Design profile and Evaluation of project.			
Assessment	Teacher assessed through verbal communication		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	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Life Stages		Assessment				
Core	<ul style="list-style-type: none"> Eatwell guide and the effect on life stages The importance of consuming the right diet and different life stages. Application of diet to life stage through practical method. Practical- Enchilada's 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/quorn 		<ul style="list-style-type: none"> Mock NEA1 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 HW- Factfile and evaluation		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. Evaluation must show nutritional breakdown and future practical applications HW- Write up's and documentation of work in NEA1				
Assessment	TVF against set criteria		Teacher assessed within guidelines with exam board				

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Food Safety Certification		GCSE Practical Skills				
Core	Food Safety certificate – Unit based food safety certificate L2		<ul style="list-style-type: none"> GCSE Skills- S10 Dough. Application of flour and egg to create pasta Practical- Fresh egg pasta and infusions/ ravioli Starch Based: Sauce demonstrating starch gelatinisation such as: roux, all in one, blended, infused velouté or béchamel. How starch/liquid ratios affect viscosity. Practical- Mayonnaise/ roux sauce to create coleslaw GCSE Skills S7 Prepare, combine and shape. Jointing a chicken and application of parts in various recipes. Demonstrating the technical skill of preventing cross contamination and handling high risk foods correctly. Practical- Jointing a chicken 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	Distinction level in the food safety certificate obtained HW- Revision of H&S and Food safety		Complex level skills obtained using skill sheets as reference HW- Profiles on skill sets inclusive of photo evidence				
Assessment	External assessment- L2 Food safety certificate		TVF and documented skill sets				

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Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Cultural Foods			Assessment			
Core	<ul style="list-style-type: none"> International foods sensory analysis, links to health and deficiencies. Food miles and carbon footprint. Practical- Lasagne Farm to fork- the process of foods Choux Buns Piping techniques- handling piping bags/ nozzles Fruit Meringues 			<ul style="list-style-type: none"> Revision for FPN Mock exam / Mock assessment Practical – Curry Practical- Mini Gateux St Honours 			
Challenge	Adapt lasagne to link with sensory analysis results Lead task and adapt recipes to suit dietary requirements Full Evaluation stating criteria points and future application of skills HW- Evaluation of dishes			Reach top band marking in practice questions – use improvements from previous questions	Reach top band marking in practice questions	Reach top band marking in practice questions	
Assessment	Teacher assessed within guidelines with exam board			Self/Peer assessment on set criteria	Analyse and development Teacher Assessed	Analyse and development Teacher Assessed	

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER	
Topic	Heat Transfer/ Cultural foods	Mock NEA2				Development for GCSE Yr 11		
Core	Heat transference- application and reaction. Factors that influence what we eat. Culture and cuisine of other cultures – influences on our diet Practical – Chow mein	Mock NEA2- Great British afternoon tea- Task based around afternoon tea. Students will need to follow live brief. <ul style="list-style-type: none"> Event fundraising. Students will need to follow live brief to create an afternoon tea box which could be sold at the Summer Fair – selected students will continue on to work with Fundraising team, serving to guests at the event. Evaluation of year 10- Area's students have done well in, areas for improvement. Skills to prepare students for year 11 and coursework. 				Targets for year 11		
Challenge	State and apply 2 types of heat transference to chosen dish HW- Evaluate heat transfer	<ul style="list-style-type: none"> Adapt lasagne to link with sensory analysis results Lead task and adapt recipes to suit dietary requirements Full Evaluation stating criteria points and future application of skills HW- Research and Practical application of live brief Complex level dishes created in section B & D (sheets may be used to assist) Dishes selected must use 10 of the 12 GCSE skills 				Aim for 3 challenge level tasks HW- evaluation of skills for yr11		
Assessment	Self/Peer assessment on set criteria	Teacher assessed within guidelines with exam board				Self/Peer assessment on set criteria		