

Food Preparation and Nutrition Long Term Plan Year 10 2021-22

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 	
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 <ul style="list-style-type: none"> Application of fibre and fibre sources to practical outcome <ul style="list-style-type: none"> 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 – celebration starter dish Sensory analysis and profiling. Use and application of profile and future application of results. Practical- Independent recipe		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: Layered dessert 	Christmas challenge <ul style="list-style-type: none"> Application of first half term studies through live brief in link with CFS Friends and House Champions. Practical- Spiced apple tarts and Christmas cookies 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	Life Stages	Assessment	Assessment	Assessment	Assessment	
Core	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 NEA1	Mock NEA1	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	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	
Assessment			Teacher assessed within guidelines with exam board	Teacher assessed within guidelines with exam board	Teacher assessed within guidelines with exam board	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	Food Safety Certification	GCSE Practical Skills	GCSE Practical Skills	GCSE Practical Skills	GCSE Practical Skills	
Core	Food Safety certificate – Unit based food safety certificate L2	Food Safety certificate – Unit based food safety certificate L2	GCSE Skills- S11 chemical raising agents. Application of raising agents investigation. Plan, experiment and evaluation. The use of self raising flour, baking powder, bicarbonate of soda. Steam as a raising agent: Use of steam in a mixture (choux pastry, batter)	GCSE Skills S8 Sauce making. Starch Based: Sauce demonstrating starch gelatinisation such as: roux, all in one, blended, infused velouté or béchamel. How starch/liquid ratios affect viscosity. Reduction: Reduction sauce to show how evaporation concentrates flavour. Eg	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.	

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			<p>Biological raising agent: Use of yeast in breadmaking.</p> <p>Practical- investigation into raising agents</p>	<p>tomato pasta sauce, curry sauce, gravy, meat sauce (including meat alternatives such as mycoprotein and textured vegetable protein) to show how evaporation concentrates flavour and changes the viscosity of the sauce. Emulsion: Make an emulsion sauce such as a salad dressing, demonstrating an understanding of how to stabilise an emulsion.</p> <p>Practical- Mayonaise/roux sauce</p>			
Challenge	Food Safety Certification	Food Safety Certification	GCSE Practical Skills	GCSE Practical Skills	GCSE Practical Skills	GCSE Practical Skills	
Assessment	<p>Food Safety certificate – Unit based food safety certificate L2</p>	<p>Food Safety certificate – Unit based food safety certificate L2</p>	<p>GCSE Skills- S11 chemical raising agents. Application of raising agents investigation. Plan, experiment and evaluation.</p> <p>The use of self raising flour, baking powder, bicarbonate of soda. Steam as a raising agent: Use of steam in a mixture (choux pastry, batter) Biological raising agent: Use of yeast in breadmaking.</p> <p>Practical- investigation into raising agents</p>	<p>GCSE Skills S8 Sauce making.</p> <p>Starch Based: Sauce demonstrating starch gelatinisation such as: roux, all in one, blended, infused velouté or béchamel. How starch/liquid ratios affect viscosity. Reduction: Reduction sauce to show how evaporation concentrates flavour. Eg tomato pasta sauce, curry sauce, gravy, meat sauce (including meat alternatives such as mycoprotein and textured vegetable protein) to show how evaporation concentrates flavour and changes the viscosity of the sauce.</p>	<p>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.</p> <p>Practical- Jointing a chicken</p>	<p>GCSE Skill 9 Tenderise and marinade. How acids denature protein. Marinades add flavour and moisture when preparing vegetables, meat, fish and alternatives.</p> <p>Practical- Mediterranean chicken.</p>	



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				<p>Emulsion: Make an emulsion sauce such as a salad dressing, demonstrating an understanding of how to stabilise an emulsion.</p> <p>Practical- Mayonaise/roux sauce</p>			
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Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Assessment	Assessment	Assessment	Assessment	Assessment	Assessment	
Core	Mock NEA2- Great British afternoon tea- Task based around afternoon tea. Students will need to follow live brief	Mock NEA2- Great British afternoon tea- Task based around afternoon tea. Students will need to follow live brief	Mock NEA2- Great British afternoon tea- Task based around afternoon tea. Students will need to follow live brief	Revision for FPN exam	Revision for FPN exam	Mock NEA2- Great British afternoon tea- Task based around afternoon tea. Students will need to follow live brief	
Challenge	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	Reach top band marking in practice questions – use improvements from previous questions	Reach top band marking in practice questions	Independently investigate task – research into possible background of task	
Assessment	Teacher assessed within guidelines with exam board	Teacher assessed within guidelines with exam board	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	Cultural foods	Cultural foods	Cultural foods	Cultural foods	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/ 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 - serving to guests	Evaluation of year 10- Area's students have done well in, areas for improvement. Skills to prepare students for year 11 and coursework.	<i>Targets for year 11</i>	
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	Aim for 3 challenge level tasks	
Assessment	Heat Transfer/ Cultural foods	Cultural foods	Cultural foods	Cultural foods	Heat Transfer/ Cultural foods	Self/Peer assessment on set criteria	