Long Term Plan Year 10 3 Lessons a week

Design and Technology department- Food preparation and Nutrition

	8th September	12th September	19th September	26th September	3rc October	10th October	17th October		2nd November	7th November	14th November
	Induction to course **Health, Safety and Hygiene**	Nutrition Intro	Nutrition	HBV &LBV Protein Heat	Practical demonstrating understanding of protein Carbohydrates	Fibre Fats	Vitamins and minerals	**HALF TERM**	Revision- test	Hygiene and safety Nutritional analysis	Special diets
NEA		**Chicken skills**	Chicken skills	Chicken skills	Protein Adapting and increasing fibre in a diet	Dessert challenge	Dish high in vitamins and minerals		Meeting the needs of the balanced plate		Adapting recipes to suit diets
W/C	21st November	28th November	5th December		3rd January	9th January	16th January	23rd January	30th January	6th February	13th February
	Sensory profile and analysis	Christmas challenge	Christmas challenge	**CHRISTMAS**	**Technical skills**		energy	**Heat transference**	Protein denaturation Protein coagulation foam		**Gluten**
NEA		**Costings**	Nutrition calculator		**Layered dessert**		**Energy snack**			**NEA Food investigation Fats in pastry**	**Bread**
W/C		27th February	6th March	13th March	20th March	27th March	3rd April		24th April	3rd May	8th May
	HALF TERM	Fats Shortening Aeration Plasticity emulsification	Fats Shortening Aeration Plasticity emulsification	Locally sourced foods	Raising agent Chemical biological Steam biological	Thickeners	Microorganisms	**EASTER**	Food poisoning	Locally sourced foods	Locally sourced foods
NEA			pastry		Cakes (log and swiss roll)	**NEA Food investigation Flours in sauces**			*High risk foods*		Farm shop product
W/C	15th May	22nd May		5th June	12th June	19th June	26th June	3rd July	10th July		
	Healthy choices and exercise	Cuisines from another country	**HALF TERM**	Revision	**EXAMS**	***Review of Year and Exams***	*Showcase*	*showcase*	*Feedback and assessment*		
NEA	**NEA Food preparation Menu planning**	Multicultural food									