



# Year 10 Food Preparation and Nutrition Curriculum

Term	Curriculum content
<p><b>Michaelmas 1</b></p> 	<p>Making informed choices</p> <ul style="list-style-type: none"> <li>Dietary needs</li> <li>Allergies</li> <li>Finances</li> <li>Energy balance</li> </ul> <p>Practical: Higher level skills and refining skills from last year</p>
<p><b>Michaelmas 2</b></p> 	<p>Cooking food</p> <ul style="list-style-type: none"> <li>Heat transfer</li> <li>Nutrient loss through cooking</li> <li>Sensory properties</li> </ul> <p>Practical: Higher level skills and refining skills from last year</p>
<p><b>Lent 1</b></p> 	<p>Food sources</p> <ul style="list-style-type: none"> <li>Farm to fork</li> </ul> <p>Food and the environment</p> <ul style="list-style-type: none"> <li>How weather can affect crop yield</li> <li>How weather can affect livestock growth</li> </ul> <p>School trip: tour around Spitalfields Market and Brick Lane, eating our way through different cultures.</p>
<p><b>Lent 2</b></p> 	<p>Sustainability of food</p> <ul style="list-style-type: none"> <li>Fairtrade</li> <li>Organic vs GM</li> </ul> <p>Food production</p> <ul style="list-style-type: none"> <li>Primary and secondary processing</li> <li>Cheese making, jam making, milk sterilisation</li> </ul>
<p><b>Trinity 1</b></p> 	<p>Technological developments</p> <ul style="list-style-type: none"> <li>Additives, preservatives, emulsifiers, colourings etc.</li> </ul> <p>Sensory evaluation</p> <ul style="list-style-type: none"> <li>Setting up a tasting panel</li> <li>Using appropriate sensory descriptors</li> </ul> <p>Practical: Higher level skills and refining skills from last year</p>
<p><b>Trinity 2</b></p> 	<p>Mock NEA2</p> <p>Functional and chemical properties of ingredients</p> <p>Mock NEA1</p> <p>End of year examination</p>