


Curriculum Overview for Food Preparation and Nutrition Year 10

<p>Term 3:</p> <p>Substantive Knowledge:</p> <ul style="list-style-type: none"> • Balanced Diets and Nutritional Needs: Students will learn about the importance of a balanced diet for different life stages and the specific nutritional requirements for various groups, including children, the elderly, and pregnant women. • Dietary Choices and Cultural Influences: The unit covers different diets such as vegetarian, vegan, and medical diets, as well as how culture and religion influence food choices (e.g., halal, kosher). It also explores ethical food choices related to sustainability and organic food. • Food Science and Technology: Students will understand food production processes (e.g., milk homogenization, primary and secondary processing), as well as nutritional fortification and food additives. The science behind bread-making, gluten, and raising agents will also be explored. • Health, Safety, and Sustainability: The unit addresses allergens and medical conditions that affect diet, food safety practices (e.g., preventing cross-contamination), and sustainability in food choices, including food miles and seasonality. • Practical Skills: Students will gain hands-on experience with cooking techniques, recipe adaptations, and food presentation. They will practice making dishes to meet specific health or dietary requirements, and will evaluate their work based on nutritional balance and presentation. <p>Disciplinary Knowledge:</p>	<div data-bbox="826 481 938 589" data-label="Image"></div> <p>Teachers lead by example. Teachers read from the board but will also encourage pupils to read aloud to the class.</p> <p>Syllabification of key words.</p> <p>Pupils will analyse a variety of text sources.</p> <div data-bbox="831 819 932 909" data-label="Image"></div> <p>Nutrition & Dietary Needs Eatwell Guide Lifecycle Nutrition Macronutrients Micronutrients Vegetarians (e.g., lacto, ovo, flexitarians) Vegans Dietary requirements Energy balance (BMR, PAL) BMI (Body Mass Index) Food groups Allergens Health & Food-Related Issues Diabetes (Type 1 and Type 2) Food intolerance Coeliac disease Malnutrition Obesity Deficiency diseases Food Choices & Sustainability Food security Food miles Seasonality Sustainability (6 Rs: Reduce, Reuse, Recycle, Refuse, Rethink, Repair) Organic Free-range</p> <div data-bbox="836 1881 932 2000" data-label="Image"></div> <p>Assessment at the end of the unit made up of short answer and long answer questions. Collect scores from formative assessments in the classroom – multiple choice questions, low stakes.</p>
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<ul style="list-style-type: none"> • Health and Safety: Mastery of hygiene and safety protocols, proper equipment use. • Cooking Techniques: Proficiency in basic and advanced cooking methods, ingredient handling. • Recipe Execution: Accuracy in following recipes, consistent preparation standards. • Sensory Analysis: Conducting and articulating sensory evaluations. • Nutrition: Applying principles of the Eatwell Guide, understanding nutritional benefits. • Evaluation: Critical self-assessment, peer feedback, continuous improvement. • Research: Conducting culinary research, investigating food properties. • Presentation: Creative design, effective visual presentations. • Organization: Planning and managing cooking projects. • Collaboration: Effective teamwork and communication. • Assessment: Ongoing assessment and tracking of progress. 		<p>Completion of an extended piece of writing throughout the unit. GCSE style practice questions.</p>
		<p>Homework with tasks every week</p>