


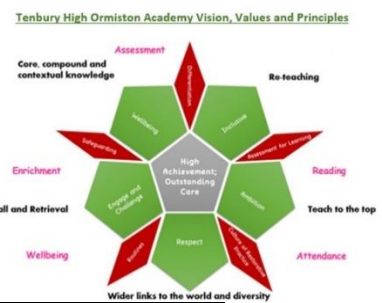


Curriculum Overview for Food Preparation and Nutrition Year 10

<p>Term 1:</p> <ul style="list-style-type: none"> • Substantive Knowledge • Balanced diets across life stages • Dietary needs of groups (children, elderly, pregnant) • Types of diets (vegetarian, vegan, medical) • Religious & cultural food practices • Ethical choices (free-range, organic, sustainability) • Food production processes (primary, secondary, homogenisation) • Fortification & additives • Food science (bread, gluten, raising agents) • Allergens & medical impacts • Food safety & hygiene • Sustainability (food miles, seasonality, farming) • Cooking skills, presentation & recipe adaptation • Disciplinary Knowledge • Research & inquiry into diets, practices, sustainability • Critical evaluation of diets, choices, farming methods • Communication: extended writing & structured explanations • Problem-solving: planning/adapting meals for criteria • Practical cooking & evaluation against set goals • Applying theory (nutrition, environment, food security) to practice 		<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>
		<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>
		<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>



		Completion of an extended piece of writing throughout the unit. GCSE style practice questions.
		Homework with tasks every week