

FOOD & NUTRITION Year 10 Curriculum Overview

What is the Year 10 FOOD & NUTRITION curriculum aiming to achieve?		
What do we want our Year 10 Food students to be like?	How are we building on prior learning?	How can parents/carers support their child's learning?
<ul style="list-style-type: none"> To understand the nutritional requirements of the human body. To be competent hygienic cooks To understand how ingredients function. To know food provenance 	<ul style="list-style-type: none"> Further knowledge of function of nutrients Increase skill level in practical work. Develop knowledge of food spoilage and contamination Understand function of ingredients. Increase knowledge of sustainability in food production. 	<ul style="list-style-type: none"> Allow access to ingredients and opportunities for food preparation. Include child in budgeting/shopping Follow trends in health issues to increase awareness. Follow trends in eating habits.

How are we organising the Year 10 FOOD & NUTRITION curriculum?						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Food spoilage and contamination Principles of food safety	Function, sources, deficiency and excess of nutrients.	Nutritional needs of individuals. Health related illness	Food science Function of ingredients	Factors affecting food choice Budget, religious, ethical choices	Sensory analysis Food provenance Sustainability
Threshold Concepts	Preparing storing and serving of food safely	Micro and macro nutrients. Nutritional requirements of the body	Links between diet & health Current trends in diet related illness	Performance of a range of ingredients in food production.	Enhanced awareness of a wide range of eating habits.	Effect of food choice/eating habits on the environment.
Skills	Hygienic Food preparation skills	Knowledge of high level practical skills.	Recipe choices to match specific dietary needs	How to use ingredients correctly	To be an informed citizen.	Make informed choices on eating habits.
Enrichment within the curriculum	Links with the catering department for high skill demonstrations for boning chicken and filleting fish, both skills which are required for high-level marks in NEA2.					
Cross curricular links	<ul style="list-style-type: none"> Science-diet and health, micro-organisms and enzymes Maths-calculating recipe costs History-societal changes post war. Geography-sustainability Philosophy & ethics-moral issues concerning food choice. 					
Extra-curricular opportunities	Students will be invited to attend a range of lunchtime "Master class" sessions where they will be able to enhance skills through demonstrating making skills, for example filleting a fish, preparing vegetables for pickling, using leftovers to create a new dish. This will lead to opportunities for regular competitions such as "Bake-off" and "Masterchef."					

What are the intended outcomes of the Year 10 FOOD & NUTRITION curriculum?						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Opportunities to show progress (Assessments)	Baseline assessment. End of topic knowledge assessment	Practical assessment End of topic knowledge assessment	End of topic knowledge assessment	Practical assessment End of topic knowledge assessment	End of topic knowledge assessment	Practical assessment Mock exam
Impact on personal development (SMSC)	<i>Students are required to show high levels of independent learning at this level of study. They are encouraged to choose their own recipes for practical work and practice whenever possible. It is anticipated that revision will be a current activity.</i>					
Preparation for the next stage of education	<i>Most of the GCSE specification has been taught this year and pupils are expected to have ensured they know all topics taught. Pupils will need to make sure knowledge is thoroughly embedded in preparation for NEA 1 and NEA2 which are taught in Year 11.</i>					

