

Food & Nutrition

Quote 'There is no love sincerer than the love of food' George Bernard Shaw

Year 10

The Rationale

	Autumn Term 1	Autumn Term 2	Spring Half Term 3	Spring Half Term 4	Summer Term 5	Summer Term 6
Curriculum Knowledge	Commodities : identify use, source, storage & nutritional of each group of commodities <ul style="list-style-type: none"> ● Fruit & Veg ● Cereals ● Pasta & potatoes ● Rice ● Milk & dairy ● Meat ● Fish ● Poultry ● Eggs ● Alternative protein foods ● Lipids & oils / sugar / syrups <p>Test your knowledge - COMMODITIES TEST</p>		Principles of nutrition - macronutrients <ul style="list-style-type: none"> ● Protein ● Carbohydrate ● Lipid <p>Identify functions, source, deficiencies</p> <p>Test your knowledge - MACRONUTRIENTS TEST</p>	Principles of nutrition - micronutrients <ul style="list-style-type: none"> ● Vitamins ● Mineral ● Water ● NSP <p>Identify functions, source, deficiencies</p> <p>Test your knowledge - MICRONUTRIENTS TEST</p>	Special dietary needs & religious dietary requirements. Science of food - why do we cook food / how is heat transferred / cooking methods / changing properties of carbohydrates, proteins & lipids	Preparation for year 10 practical exam. Preparation for mock written paper. Choosing appropriate dishes to meet a brief Writing a time plan with dovetailing Carry out an assessed practical
Subject Skills	<ul style="list-style-type: none"> ● Knife skills ● Gelatinisation ● Seasonal cookery ● Use of food processor ● Food safety & hygiene ● Pastry making 		<ul style="list-style-type: none"> ● HBV dish ● LBV dish ● Roux & use of food processor 	<ul style="list-style-type: none"> ● Vitamin C & Iron ● Use of gelatine ● Caramelisation ● Enrobing 	<ul style="list-style-type: none"> ● Use of pasta machine ● Denaturation ● Starch degradation 	Creating a time plan with detailed steps, timings, quality control points, health & safety

	<ul style="list-style-type: none"> ● Avoiding cross contamination ● Filleting, deboning & breadcrumbing ● Use of temperature probe ● Coagulation ● Aeration ● Alternative protein food cookery 	<ul style="list-style-type: none"> ● portion of cooking time ratio 	<ul style="list-style-type: none"> ● Use of deep fat fryer ● Use of microwave 	<ul style="list-style-type: none"> ● Maillard reaction ● Caramelsation ● Starch gelatinisation ● Conduction ● Convection ● Radiation 	points, colour coded steps	
How can you help your child engage with the content?	<p>Regular independent food preparation and cooking at home.</p> <p>Support on choosing your own recipes within the guided topic area.</p> <p>Encourage simple adaptations to make recipes suitable for the family e.g. vegetarian / vegan.</p> <p>Encourage independent weighing out and preparation of ingredients prior to practical lesson.</p> <p>Support and encourage completion of regular weekly written homework to support knowledge covered in lesson.</p>				<p>Support practising of the dishes prior to the assessed practical.</p> <p>Support revision of identified content for the written mock paper.</p>	
Curriculum Opportunities	<p>Rotary club young chef of the year</p> <p>Hospitality & catering visits / events at Kendal College</p>					
Career Links	<p>Part time work in cafes / pubs - pot washing / food prep / waiting on.</p> <p>Future opportunities within the Hospitality and Catering industry.</p>					
Year 11						
The Rationale						
	Autumn Term 1	Autumn Term 2	Spring Half Term 3	Spring Half Term 4	Summer Term 5	Summer Term 6

Curriculum content	<p>Where food comes from.</p> <p>Food provenance Food miles Carbon footprints Sustainability Food security Food waste Packaging & labelling</p>	<p>NEA 1 Science Investigation (15%)</p> <p>Title to be provided by exam board in September - Analyse task</p> <p>Research task using a variety of sources</p> <p>Analyse research and food science</p> <p>Plan practical investigation</p> <p>Est hypothesis and predict an outcome</p> <p>Create an action plan</p> <p>Carry out investigation - use sensory testing</p> <p>Analyse & interpret results</p> <p>Evaluate against original hypothesis</p>	<p>NEA 2 Practical Food exam (35%)</p> <p>Title to be provided by exam board in November -</p> <ul style="list-style-type: none"> ● Research to focus on brief - from at least FIVE different sources - both primary & secondary ● Analysis of research ● Trail potential dishes and write ups x 6 minimum ● Justified reasons for choice & final menu ● Detailed time plan, coloured coded and dove tailed, with H&S and QC points ● 3 hour practical exam ● Detailed written evaluation 	<p>Revision - for written paper (50%)</p> <p>Commodities Nutrients Science of food Where food comes from Food Manufacturing Sensory Analysis Diet & lifestyle Effects of cooking on food Food Spoilage</p>
Key Skills	<p>Practical making skills Basic Food Hygiene Exam retrieval practice Working to deadlines with NEA work</p>			
How can you engage with your child?	<p>Actively encourage independent recipe research Actively encourage students planning and shopping for their own ingredients</p>			

	<p>Support regular sustained practical work at school and at home</p> <p>Encourage completion of written homework</p> <p>Regular watching of good quality / educational food programmes eg masterchef / eat well for less</p> <p>Revise with your child BBC Bitesize / Seneca</p>
Curriculum Opportunities	<p>Westmorland County show to look into food provenance & sustainability (where our food comes from)</p> <p>Good Food Show NEC Birmingham (where ticket allocations allow)</p>
Career Links	<p>Kendal college / Lancaster & Morecambe college - hospitality courses</p> <p>Apprenticeships - via Kendal College or opportunities that are sent into school</p> <p>Links to Health & Social Care courses</p> <p>Science based A levels to help progress into Food related degrees</p> <p>PE based A levels to help support nutritional information needed</p>