



Year 10 Spring Learning Journey

Prior Learning

In Year 10, you have begun exploring commodities, food processing, and nutrition, while also honing essential cooking skills.

Scheme of Learning:

Food Provenance and Food Science

Objectives:

KNOWLEDGE: We will understand why we need to eat healthy and the importance of understanding our food and the dietary impacts of not eating healthily.

SKILLS: I will develop a variety of technical cooking skills in preparation for GCSE food exam in year 11 including the rubbing in method, making short pastry etc.

Week	Tasks	Literacy	Homework	RAG
1	<ul style="list-style-type: none"> Theory: Dietary needs for different stages of life FOOD SCIENCE - Plasticity PRACTICAL – Shortcrust pastry (Quiche) 	Energy balance Protein Fat Carbohydrates Vitamins/minerals	Homework 16 – Dietary needs INGREDIENTS Quiche	
2	<ul style="list-style-type: none"> Theory: Factors influencing food choice FOOD SCIENCE - Aeration PRACTICAL – Whisked sponge (Mini chocolate gateaux) 	Cost Enjoyment Seasonality Availability Medical reasons	Homework 17 – Factors INGREDIENTS Mini chocolate gateaux	
3	<ul style="list-style-type: none"> Theory: Consumer information, food labelling, marketing PRACTICAL –Flaky pastry (Parma ham Palmiers) 	Allergen Origin Manufacturer Nutritional labelling Pre-packed	Homework 17 – Food labels INGREDIENTS Flaky pastry (Parma ham Palmiers)	
4	<ul style="list-style-type: none"> Theory: Ethical and moral beliefs PRACTICAL – Shortcrust pastry (Apple Galette) <p>Practical assessment point 1</p>	Animal welfare Local produce Organic food Vegetarians Lacto-ovo Vegan	Homework 18 – Ethical & moral beliefs INGREDIENTS Apple Galette	
5	<ul style="list-style-type: none"> Theory: Ethical and moral beliefs PRACTICAL – Fresh Pasta (Lasagne) 	Animal welfare Local produce Organic food Vegetarians Lacto-ovo	Homework 19 – Ethical & moral INGREDIENTS Lasagne	
6	<ul style="list-style-type: none"> Theory: Recognise traditional ingredients and cooking methods, presentation and eating patterns PRACTICAL – Fresh Pasta Gnocchi 	Regional Multicultural Cuisine Gluten Pasta machine	Homework 20 – British and international cuisine INGREDIENTS Gnocchi	
Half Term				
7	<ul style="list-style-type: none"> Theory: The importance of protein High biological value (HBV) and low biological value (LBV) Sources of protein: Animal and vegetable FOOD SCIENCE - Emulsification PRACTICAL – (Mayonnaise with chicken goujons) 	HBV LBV Amino acids Animal Plant	Homework 21 – Protein INGREDIENTS Mayonnaise with chicken goujons	



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8	<ul style="list-style-type: none"> Theory: Diet-related diseases and conditions PRACTICAL – Viennese fingers Practical assessment point 2 	Obesity Weight loss Type 2 diabetes CHD	Homework 22 – Health issues INGREDIENTS <i>Viennese fingers</i>	
9	<ul style="list-style-type: none"> Theory: The importance of fat Saturated and unsaturated fats Animal and vegetable: visible and invisible FOOD SCIENCE – Gelatinisation PRACTICAL – Elevated Macaroni cheese 	Saturated fats Unsaturated fats Vitamins A,D,E,K Cholesterol Trans Fats Hydrogenation	Homework 23 – Fats INGREDIENTS <i>Elevated Macaroni cheese</i>	
10	<ul style="list-style-type: none"> FOOD SCIENCE - Acids and alkalis PRACTICAL – Sticky toffee pudding 	Acids Chemical raising agent Coagulation Carbon dioxide	Homework 24 – Raising agents INGREDIENTS <i>Sticky toffee pudding & custard</i>	
11	<ul style="list-style-type: none"> PRACTICAL – Blueberry muffins with crumble topping End of topic assessment to assess prior knowledge 	Milling Processing Chemical raising agents Baking powder	Homework 25 – Revision for End of topic assessment INGREDIENTS <i>Blueberry muffins with crumble topping</i>	
12	<ul style="list-style-type: none"> The importance of a healthy diet: milk and dairy foods, fat. FOOD SCIENCE – Coagulation PRACTICAL – Panna Cotta CLOSING THE GAP 	Saturated fats Unsaturated fats Vitamins A,D,E,K Colesterol Trans Fats Hydrogenation	Homework 26 – Dairy & Processing INGREDIENTS <i>Panna Cotta</i>	
13	<ul style="list-style-type: none"> PRACTICAL – Lemon posset & short-bread 	Setting Coagulation Dairy Calcium	Homework 27 – End of topic recap INGREDIENTS <i>Lemon posset and biscuits</i>	
End of Term				