



Year 10 Summer 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: Classification of fish Classification of meat, poultry and game PRACTICAL – Chicken Kiev & Duchess potatoes 	Coagulation Eggs Locally produced Seasonal foods Intensive farming methods Free-range products	Homework 28 – Heat transfer INGREDIENTS <i>Chicken Kiev & Dutchess potatoes</i>	
2	<ul style="list-style-type: none"> Theory: Controlled atmosphere packaging (CAP)/modified atmosphere packaging (MAP) and vacuum packing and vacuum packing PRACTICAL – Lemon meringue pie 	Manufacturer Batch Labelling Pre-packed	Homework 29 – Packaging INGREDIENTS <i>Lemon Meringue Pie</i>	
3	<ul style="list-style-type: none"> PRACTICAL – Lemon meringue pie Food science – Coagulation 	Meringue Coagulation Pastry	Homework 30 – Food science INGREDIENTS <i>Lemon Meringue Pie</i>	
4	<ul style="list-style-type: none"> Food science - Raising agents: steam PRACTICAL – Profiteroles 	Meringue Coagulation Pastry	Homework 31 – Dough & raising agents INGREDIENTS <i>Profiteroles</i>	
5	<ul style="list-style-type: none"> Theory: The reasons why food is cooked. Heat transfer through cooking methods PRACTICAL – Chocolate Ganache 	Palatability Conduction Convection Heat transfer	Homework 32 – Dough & pastry INGREDIENTS <i>Chocolate Ganache tart</i>	
Half Term				
6 & 7	<ul style="list-style-type: none"> Theory: Classification of fish Classification of meat, poultry and game PRACTICAL – Portioning a chicken/making seitan 	Bridge & claw Strengthen muscles HBV LBV	Homework 33 – Knife skills INGREDIENTS <i>Portioning a chicken or making Seitan</i> Southern fried chicken	



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			Freeze chicken breast for - Katsu curry	
8	<ul style="list-style-type: none"> MOCK NEA 2 - Preparation for cooking exam Research into recipes 	Food science Investigation Experiment Prepare, cook and present	Homework 34 – Revision for End of topic assessment	
9	<ul style="list-style-type: none"> MOCK NEA 2 - Preparation for cooking exam Time plan 	Food science Investigation Experiment Prepare, cook and present	Homework 35 – Revision for End of topic assessment INGREDIENTS <i>Two dishes' pupils are cooking for their exam</i>	
10 & 11	<ul style="list-style-type: none"> MOCK NEA 2 (2 groups of 11 pupils 2 hour exam) MOCK – Written Exam 1 hour 30 minutes 	Food science Investigation Experiment Prepare, cook and present	Preparation for NEA 1 & NEA 2.	
12	<ul style="list-style-type: none"> Sugars - sources and how they are grown: sugars - Diet-related diseases and conditions PRACTICAL – Tiramisu CLOSING THE GAP 	Monosaccharides Disaccharides, Complex Simple	Homework 36 – Sugar INGREDIENTS <i>Tiramisu</i>	