



Year 10 Autumn Learning Journey

Prior Learning

In Year 9 you began to learn and practice some of the essential skills for GCSE food such as pastry making when making jam tarts, finessing your presentation techniques for cheesecake and using more technical equipment such as electric whisks. Your journey so far has been made up by three rotations, one in year 7, one in year 8 and one in year 9 each year slowly building up your skill set ready for GCSE food.

Scheme of Learning:

Introduction to GCSE Food

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.

Lesson	Tasks	Literacy	Homework	✓
1	<ul style="list-style-type: none"> Welcome to GCSE – Breakdown of the spec Learning vegetable cuts PRACTICAL – Fajitas / Chocolate ganache tart 	Julienne NEA Baton	INGREDIENTS Vegetable Fajitas Chocolate ganache tart FLIP LEARNING: YouTube practicing knife techniques for preparing fruit and veg	
2	<ul style="list-style-type: none"> Practical – Samosas EVALUATE: Self reflect – how could I improve next time? 	Filo Sautee	INGREDIENTS Samosas FLIP LEARNING – how to fold samosas	
3	Practical – Carrot cake and frosting DEMO: Piping/ decoration techniques EVALUATE: Self reflect – how could I improve next time?	Creaming method Piping	INGREDIENTS Carrot cake FLIP LEARNING – piping techniques	
4	<ul style="list-style-type: none"> Practical -cottage pie Theory: Introduction to Eatwell guide and healthy eating 	Eat well guide Macronutrients Micronutrients	INGREDIENTS Cottage pie GAP Task	
5	<ul style="list-style-type: none"> Practical – Chicken Madras and homemade Naan Bread Theory: Health eating continued and taste testing 	Knead Prove Low fat Low sugar	INGREDIENTS Chicken Madras FLIP LEARNING – how to make Naan bread	
6	<ul style="list-style-type: none"> Practical – Meringues fruit nests EVALUATE: Self reflect – how could I improve next time? 	Aeration Foam	INGREDIENTS Meringues FLIP LEARNING – how to make meringues/ tips on separating egg whites	
7	<ul style="list-style-type: none"> Practical's – Jaffa Cakes Test - AQA/ OCR – to assess prior knowledge (2 x exams to finish half term hmk) Marking point 1 	Gelatine Jelly sponge	INGREDIENTS Jaffa Cakes FLIP LEARNING Mary Berry how to make jaffa cakes	
8	<ul style="list-style-type: none"> Practical – Mini quiches or Chicken Goujons Theory – Guest speaker Vegan Aid Practical assessment point 	Rubbing in Emulsification Pane	INGREDIENTS mini quiche or goujons Video – youtube animal aid	
9	<ul style="list-style-type: none"> Practical – making pasta DEMO: by ex student 2 michelin star chef Evan EVALUATE: Self reflect – how could I improve next time? 	00 flour Michelin Simmer	INGREDIENTS pasta FLIP LEARNING – how to make pasta	



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	<ul style="list-style-type: none"> Practical: finish pasta dish with sauce 			
10	<ul style="list-style-type: none"> Practical – Chocolate brownie Theory – Fair trade food 	Fair trade Globalisation	INGREDIENTS Chocolate brownie Youtube – various videos on fair trade	
11	<ul style="list-style-type: none"> Practical – Blueberry muffins with crumble topping Theory – Carbohydrates Marking point 2 	Free sugars Non free sugars	INGREDIENTS Blueberry muffins Gap task	
12	<ul style="list-style-type: none"> Practical – Mince pies – Christmas baking. Theory – Protein 	Rubbing in Alternative proteins	INGREDIENTS Mince Pies Exam style questions – hmk	
13	<ul style="list-style-type: none"> Practical – Chocolate yule log – Christmas baking Theory - Fats 	Ganache Aeration Saturated Unsaturated	INGREDIENTS Chocolate yule log FLIP LEARNING – <i>how to make chocolate yule log</i> Exam style questions – hmk	
14	<ul style="list-style-type: none"> Practical – snowflake gingerbread – presentation – Christmas baking End of Unit TEST 	Pipping	INGREDIENTS gingerbread GAP task – exam feedback	

Future Learning (including real life)		
Spring Term	GCSE Food	Careers
You will continue with your practical lessons gaining more high skills needed for your practical exam and continue with your theory knowledge, looking at subjects such as vitamins and minerals.	You will select and cook a 3-course meal, a starter a main and a dessert, using some of the higher level skills you have gained from your practical lessons. You will then complete a written exam based on the theory you have learnt over the last two years.	Food teacher, chef, pastry chef, waiter, restaurant manager, food designer, food taster and developer, nutritionist and many more...