



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	✓
1	<ul style="list-style-type: none"> Primary & secondary processes: Heat treatment of milk. PRACTICAL – Lemon posset and biscuits 	Homogenised Pasteurised Ultra-Heat Treated Sterilised Evaporated Condensed	INGREDIENTS Lemon posset and biscuits	
2	<ul style="list-style-type: none"> The reasons why food is cooked. Heat transfer through cooking methods PRACTICAL – Chicken Kiev & Duchess potatoes 	Palatability Conduction Convection Heat transfer	INGREDIENTS Chicken Kiev & Dutchess potatoes	
3	<ul style="list-style-type: none"> Controlled atmosphere packaging (CAP)/modified atmosphere packaging (MAP) and vacuum packing and vacuum packing End of topic assessment to assess prior knowledge PRACTICAL – Lemon meringue pie 	Manufacturer Batch Labelling Pre-packed	INGREDIENTS Lemon meringue pie	
4	<ul style="list-style-type: none"> CLOSING THE GAP PRACTICAL – Profiteroles 	Meringue Coagulation Pastry	INGREDIENTS Profiteroles	
Half Term				
5	<ul style="list-style-type: none"> Sensory properties: Changes that happen when food is cooked: texture, appearance, colour, taste, sound and aroma PRACTICAL – Chocolate Ganache Food science - Raising agents: steam 	Sight Taste Touch Smell Hearing	INGREDIENTS Chocolate Ganache tart	
6 & 7	<ul style="list-style-type: none"> Sources of protein: Animal and vegetable. Functions and deficiencies. PRACTICAL – Portioning a chicken/making seitan 	Bridge & claw Strengthen muscles HBV LBV	INGREDIENTS Portioning a chicken or making Seitan Katsu curry & Southern fried chicken	
8	<ul style="list-style-type: none"> Food science – Coagulation Classification of fish Classification of meat, poultry and game PRACTICAL – Fish, chips and tartar sauce 	Coagulation Eggs Protein denatures Setting Locally produced Seasonal foods Intensive	INGREDIENTS Fish, chips and tartare sauce	



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		farming methods Free-range products		
9 & 10	<ul style="list-style-type: none"> MOCK NEA 1 & 2 MOCK – Written Exam 	Food science Investigation Experiment Prepare, cook and present	Preparation for NEA 1 & NEA 2.	
11	<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	INGREDIENTS Tiramisu	