

Subject: Food Preparation and Nutrition

Year group: 10

Week beginning	Subject Topic	Key Learning points/big questions	Independent/Home learning	Key Vocab	Linked Assessment	Resources
1 13/9	Introduction to fruits and vegetables Classification	Which part of a plant do fruits and vegetables come from? Classification of fruits and vegetables into groups. What counts as a portion? What nutrients do fruits and vegetables contain?	Using your knowledge organiser write down 10 facts about fruits and vegetables as a commodity.	Tuber – part of the plant attached to the roots below the ground. Stem – the main body or stalk of a plant	LSTs End of unit assessment	Powerpoint - https://egguckland.sharepoint.com/:/g/Technology/EgALSwCYcXhGv0p2ZecGKkswBoUukQ_EtasVlg3pTSEKm0A?e=TI21Y0
2 20/9	Variety of fruits and vegetables Sweet potato, cherry tomato and spinach curry	What does 5aday mean? How to produce a curry using vegetables Skills Preparing – peeling and dicing a range of vegetables. Using the hob	Using you Knowledge organiser create 10 questions on fruits and vegetables as a commodity.	5-a-day - a government campaign to encourage us to eat five servings of vegetables/fruit per day.		
3 27/9	Importance of fruits and vegetables in the diet Vegetable soup	What is the benefit of eating fruits and vegetables? How can they be included in the diet? Knife cuts – Julienne, brunoise, dice How to make vegetable soup Skills: Knife cuts Making a stock Using an electric stick blender Seasoning to taste	List 5 preservation methods that can be used to preserve fruits and vegetables. Describe the advantages and disadvantages of each method.	Julienne – Matchstick size pieces Brunoise – Small dice Macedoine – Large dice Chiffonade – Shredding Simmer – small bubbles below boiling point.		

<p>4 27/9</p>	<p>Preserving fruits and vegetables Cheesecake</p>	<p>The factors to consider when choosing fruits and vegetables. How storage and cooking affect the nutritional value of fruits and vegetables. Uses of fruit and vegetables in cooking. How fruits and vegetables can be processed.</p> <p>How to make a Cheesecake Skills: Whipping cream Using gelatine Making a coulis Producing a biscuit base</p>	<p>Research the following questions and come prepared to discuss the responses next week.</p> <p>Why can't we grow all our own fruit and vegetables? What are the advantages of importing? Why should we support local farmers too?</p>	<p>Preserves – a process which allows fruit to last longer</p> <p>Modified atmosphere packaging – MAP – Gases are used to keep fruits and vegetables fresher for longer – salad pillow packs.</p>		
<p>5 4/10</p>	<p>Seasonality and Food Miles Lemon Tart</p>	<p>What does the term seasonality mean? Why can't we grow all our own fruit and vegetables? What are the advantages of importing? Why should we support local farmers too? What are food miles and why are they important to consider?</p> <p>How is a lemon tart made? Skills: Shortcrust pastry Lining a flan tin Blind baking Juicing and zesting lemon Coagulation of egg</p>	<p>Research 5 different herbs or spices and explain how they can be used in cooking.</p>	<p>Seasonal foods – Foods that are only available at certain times of the year Importing – Bringing foods into the UK from a different country Food miles – The distance food travels from where it is grown to where it is eaten.</p>		
<p>6 11/10</p>	<p>Herbs and spices Enzymic browning experiment</p>	<p>What are herbs and spices? How can they be used in cooking? What is enzymic browning? How can enzymic browning be reduced?</p>	<p>Use the online digital textbook to revise the fruit and vegetable section for your assessment. Choose one revision technique discussed.</p>	<p>Enzymic browning – discolouration of certain foods caused by oxygen and enzymes Catalyst – a substance that increases the rate of a reaction.</p>		

7 18/10	Assessment	Complete assessment				
8 1/11	Introduction to dairy Milk Milk tasting	<p>Dairy</p> <p>What different types of dairy foods are available?</p> <p>Where does milk come from?</p> <p>Why is milk so good for us? – nutritional value</p> <p>Why is milk used in cooking?</p> <p>How is milk processed to make it safe to use?</p> <p>Why is milk pasteurised?</p> <p>Why is milk homogenised?</p> <p>Milk types – UHT, sterilised, evaporated, condensed dried.</p> <p>Milk alternatives – Soya milk, almond milk, rice milk, oat milk</p> <p>Lactose intolerance</p> <p>How is milk made into other dairy products?</p>	Complete knowledge organiser homework sheet 1	<p>Lactose – The natural sugar found in milk.</p> <p>Pasteurisation – A specific heat treatment applied to some foods to destroy bacteria.</p> <p>Homogenisation – The breaking down of large fat globules into much smaller fat globules.</p> <p>Sterilised – milk is heated to 110-130C for 10 – 30 minutes.</p> <p>Ultra-heat treated – milk is heated to 135C for 1 second</p>	<p>LSTs</p> <p>End of unit assessment</p> <p>Seneca end of unit test</p> <p>https://app.senecalearning.com/classroom/course/2dc03c41-fe59-4573-875c-7cf8b5320832/section/88ec0ca4-cdfc-4183-85da-db6bed9c114e/session</p>	<p>Powerpoint - https://eggbuckland.sharepoint.com/:/g/Technology/EgALSwCYcXhGv0p2ZecXkswBoUukQ_EtasVlg3pTSEKm0A?e=TI21Y0</p>
9 8/11	Panna cotta and shortbread biscuits	<p>Produce Panna cotta and shortbread biscuits</p> <p>Skills:</p> <p>Use of gelatine,</p> <p>Use of hob – simmering</p> <p>Producing a fruit coulis</p> <p>Shortbread biscuits – creaming method, rolling a dough and shaping.</p> <p>Demonstrate Panna cotta and biscuits – modelling</p> <p>How is milk used in a dessert?</p> <p>What sets a panna cotta?</p> <p>What is gelatine and how does it set a product?</p> <p>How are biscuits made using the creaming method?</p> <p>What is a coulis and how is it produced?</p>	<p>Complete Seneca Learning chapter 1.3.1</p> <p>https://app.senecalearning.com/classroom/course/2dc03c41-fe59-4573-875c-7cf8b5320832/section/88ec0ca4-cdfc-4183-85da-db6bed9c114e/session</p>	<p>Gelatine – a virtually colourless and tasteless water-soluble protein prepared from collagen and used in food preparation to set mixtures.</p> <p>Coulis – a thin fruit or vegetable puree, used as a sauce.</p>		

		How can the dessert be presented to gain extra skill/marks?			
10 15/11	Cheese as a commodity Curd Cheese demonstration Cheese tasting	<p>What types of cheese are available? Hard cheese, Semi hard cheese, soft cheese, fresh cheese, blue cheese, processed cheese.</p> <p>How and why is cheese used in cooking? What nutrients are found in cheese? How is cheese made? How is cheese stored? How is a sensory test carried out?</p>	Complete knowledge organiser homework sheet 2	<p>Curd - A soft, white substance formed when milk sours, used as the basis for cheese.</p> <p>Whey - The watery part of milk that remains after the formation of curds.</p> <p>Rennet - An enzyme that used to be taken from calves' stomachs but is mostly now produced from vegetarian sources use in cheese making.</p>	
11 22/11	Quiche	<p>Produce a quiche</p> <p>Skills: Shortcrust pastry using the rubbing in method Rolling out the dough and lining a flan tin Vegetable cuts to prepare filling</p> <p>Quiche demonstration – modelling</p> <p>How is shortcrust pastry produced? What ratio of fat to flour is used when making pastry? What are the rules that should be followed to make successful pastry? How do you line a flan tin? What is blind baking, how is it done and why is it needed? How does the quiche mixture set? Coagulation</p>	<p>Complete Seneca Learning chapter 1.3.2 https://app.senecalearning.com/classroom/course/2dc03c41-fe59-4573-875c-7cf8b5320832/section/88ec0ca4-cdfc-4183-85da-db6bed9c114e/session</p>	<p>Coagulate – to become solid or set</p> <p>Blind baking - to bake (a pastry or pie shell) before adding a filling</p> <p>Dextrinization – starch turns food brown with dry heat</p> <p>Denature – Change and cannot change back</p>	

		Why does the pastry turn golden in the oven? Dextrinization				
12 29/11	Cream and yoghurt	What different types of cream are available? How is different types of cream used? How is cream produced? What is the nutritional value of cream? What types of yoghurt are available? How is yoghurt made? How is yogurt used in cooking? What is the nutritional value of yoghurt? How is yoghurt stored?	Complete knowledge organiser homework sheet 3	Starter culture – harmless bacteria used to thicken cheese and yoghurt. Secondary processing – changing primary food products to other types of products.		
13 29/11	Profiteroles	Demonstrate profiteroles – modelling Choux pastry – how is it made? What is an emulsion? How does choux pastry rise? How is cream whipped? How do you produce a chocolate sauce?	Complete Seneca Learning chapter 1.3.3 https://app.senecalearning.com/ classroom/course/2dc03c41- fe59-4573-875c- 7cf8b5320832/section/88ec0ca4- cdfc-4183-85da- db6bed9c114e/session	Emulsion – an oil and water mixture.		
14 6/12	Assessment	Complete the assessment on Dairy.	Complete Seneca end of topic test https://app.senecalearning.com/ classroom/course/2dc03c41- fe59-4573-875c- 7cf8b5320832/section/88ec0ca4- cdfc-4183-85da- db6bed9c114e/session			