

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
3/1	Cereals Introduction	<p>What are cereals?</p> <p>What varieties of cereals are available?</p> <p>What is a staple food? Why are staple foods important in the diet? Give some examples</p> <p>What nutrients do cereals provide us with?</p> <p>What diseases are prevented by eating wholegrain cereal?</p> <p>The basic structure of a wheat grain How is wheat grown and harvested? The primary processing of wheat into flour The importance of protein content in flour The functional properties of wheat flour Secondary processing of wheat The Chorleywood process</p>	<p>Cereals are called 'staple' food. Explain what this means?</p> <p>Explain why we should choose cereal products that are of a wholegrain variety when making dishes</p> <p>Create a mind map that shows what you have learnt about cereals</p> <p>Watch the video clip below on how flour is milled. https://fabflour.co.uk/fab-flour/how-flour-is-milled/</p> <ol style="list-style-type: none"> 1. Explain how wheat is cleaned before milling 2. Name the three important parts of the wheat grain 	<p>Cereal – an edible grass</p> <p>Grain – the edible part of the cereal</p> <p>Endosperm – the main part of the grain, a starch and protein supply.</p> <p>Germ – source of fat and B vitamins. It is where the new plant grows.</p> <p>Staple food – forms a large part of the diet, usually from starchy foods.</p> <p>Wholegrain – 100% of the</p>	<p>Low Stakes Test Student notes End of unit test</p>	<p>PowerPoint https://eggbuskland.sharepoint.com/:p:/g/Technology/EXyg7u43AzBOi4xYl5gpHDcBIIx8RHBQL6_jlCWLeiCmUg?e=UiLFPu</p>

			<p>3. Explain how semolina is processed into white flour</p> <p>4. Which part of the grain does the white flour come from</p> <p>5. Explain how wholemeal flour is made</p>	<p>grain, nothing has been removed.</p> <p>Primary processing – the conversion of raw materials into food commodities – eg milling of wheat grain into flour.</p> <p>Fortification – vitamins and minerals are added to foods.</p> <p>Secondary processing – converting primary processed foods into other food productions - eg flour into biscuits.</p>		
10/1	Bread Gluten ball experiment	<p>The varieties of bread products available</p> <p>The key ingredients and their functions in bread making</p> <p>How bread is made</p> <p>The difference between unleavened and leavened bread</p> <p>The importance of yeast</p>	Using you Knowledge organiser create 10 questions and answers on cereals as a commodity.	<p>Prove – leaving dough to rise</p> <p>Gluten – Stretchy protein found in flour.</p>		

	<p>Bread Practical –</p> <p>Practical: Chelsea buns</p>	<p>What are sourdoughs and starters How doughs can be enriched</p>		<p>Fermentation – The process when yeast converts sugars to give off carbon dioxide gas.</p> <p>Unleavened bread - bread without a raising agent.</p> <p>Leavened bread – Bread with a raising agent</p>		
17/1	<p>Pasta</p> <p>Ravioli Practical or coloured pasta</p>	<p>What is pasta The process of making pasta The variety of pasta available How to colour pasta How to shape pasta How to cook pasta How to store pasta</p>	<p>Watch the video on the large scale manufacture of pasta https://www.youtube.com/watch?v=XPcddIXsYand</p> <p>Answer the questions (worksheet on digital textbook – page 18)</p> <p>Investigate 5 pasta dishes – what type of pasta is used in each one?</p>	<p>Al dente – firm to the bite</p> <p>Extruded – pasta dough is pushed through a mould to shape it.</p>		
24/1	<p>Rice</p> <p>Rice tasting</p> <p>Risotto</p>	<p>How rice is grown and harvested The primary processing of rice The types of rice available The secondary processing of rice into rice products</p>	<p>Watch the video and answer the questions for the worksheet page 22/23 https://www.youtube.com/watch?v=kxAEiHCerSA</p>	<p>Polishing – the process when milling white rice: the outer husk is removed and</p>		

			https://www.youtube.com/watch?v=TMqzoojgX0	then the bran and germ.		
31/1	<p>Maize (corn), Oats, Barley Rye and other cereals</p> <p>Popcorn</p>	<p>What are maize and corn? The secondary processing of maize and corn into products. What are oats, barley and rye? The secondary processing of oats, barley and rye into products. Find out about other less common cereals and grains Use of plants as thickening agents</p>	<p>Other types of cereals include rye, millet, sorghum, quinoa, barley and buckwheat. Do some research and find how each of these cereals are used and where they are grown.</p>	<p>Coeliac disease – an auto-immune condition where a person has an adverse reaction to gluten.</p>		
7/2	<p>Preventing Food Poisoning in cereals</p> <p>Pasties</p>	<p>The importance of storing cereal crops correctly The sources of food poisoning contamination in cereal crops Food poisoning risks in cooked rice and fresh egg pasta.</p>	<p>Complete the protecting Britain worksheet using this link http://www.bbc.co.uk/programmes/p014503p</p>	<p>Bacillus cereus – a type of pathogenic bacteria that produces toxins associated with poor hygiene in cooked rice.</p> <p>Salmonella – pathogenic bacteria found in raw egg.</p>		
14/2	<p>Assessment</p> <p>DIRT</p>	Revision and Assessment				

<p>8 28/2</p>	<p>Fats and Oils</p>	<p>What are fats and oils? What function do they play in a recipe? Where do fats and oils originate from? – Animal and Plant sources. Why is saturated fat bad for us? What is cholesterol and how can it be reduced in our diet.</p>	<p>Knowledge: Can you list 3 functions of fat in the body? Knowledge: Name two plant sources and two animal sources of fat Comprehension: State the difference between fats and oil Application: How could you incorporate oil in a recipe? What about butter? Analysis How would you reduce the amount of fat in your diet? Synthesis Discuss what would happen if you ate too much fat every day and you were very inactive? Evaluation From what you have learnt, evaluate the positives and negatives of incorporating fat into your diet.</p>		<p>Low Stakes Test</p> <p>Student notes</p> <p>NEA1 mock sections and practical experimental work.</p> <p>End of unit test</p>	<p>Powerpoint</p>
<p>9 7/3</p>	<p>Fats in pastry mock NEA 1 experimental work</p>	<p>Investigate the working characteristics, the functional and chemical properties (where appropriate) of a range of fats that can be used to achieve a perfect shortcrust pastry.</p>	<p>Plan and complete group work to investigate the best type of fat to use in a shortcrust pastry recipe.</p> <p>Complete a range of sensory analysis tests.</p>			
<p>10 14/3</p>	<p>Cover – Food Practical exams</p>	<p>Seneca – Fats and Sugars</p>				

Food exams						
11 21/3	Sugars and sweeteners	<p>What are sugars and sweeteners? What function do they play in a recipe? Where do sugars and sweeteners originate from? – sugar beet, sugar cane and sweeteners. Why is too much sugar bad for us? How can we reduce the amount of sugar we consume in our diet?</p>	<p>Complete sugar worksheet from online textbook.</p> <p>Complete research into different types of sugars and sweeteners for NEA1 mock.</p>			
12 28/3	Sugar in cakes investigation	<p>Sugar is a main ingredient in cakes; however, as a nation we are encouraged to consume less sugar. Investigate whether it is possible to reduce the sugar content by using alternative ingredients without adversely affecting the result.</p>	<p>Plan and complete group work to investigate the best way to sweeten a cake but reduce the sugar.</p> <p>Complete a range of sensory analysis tests.</p> <p>Evaluate the findings</p>			
13 4/4	Practical/DIRT week Assessment	<p>Practical catch up week DIRT time Complete assessment</p>				