




Y10 GCSE Food Prep and Nutrition		Unit Navigator			
In this unit you will investigate water on the land. The aims are as follows: LG1: Knowledge LG2: Application LG3: Skills	Assessment Grades	9 to 1			
	NEA1 – using AQA assessment scheme				
	NEA2 – using AQA assessment scheme				
	November mock exam				
	March mock exam				
Theme	Learning Goals/Outcomes/Content				
1. Food, Nutrition and Health - Protein	LG1 Identify the sources of protein in the diet LG1 Explain the function of protein, deficiencies and excess of protein in the diet LG1 List the differences between HBV and LBV protein LG1 Give an example of protein complementation LG1 Explain the term protein alternatives and list examples				
2. Food, nutrition and health - Fats	LG1 Describe the sources, and functions of fat in the body, and the effects of a deficiency and excess of fat in the body LG1 Explain the differences between different types of fat LG3 Practise knife skills by cutting up vegetables in to julienne strips LG3 Practise handling filo pastry by shaping spring rolls				
3 Food, nutrition and health - Carbohydrates	LG1 Explain the sources, functions, deficiency and excess of carbohydrate LG1 Describe what is meant by the term hidden sugar LG1 State the difference between free and fruit sugar LG1 Describe why fibre is needed in the body LG3 Demonstrate your skills in making a batter, and frying safely				
4 Food, nutrition and health - Vitamins	LG1 Explain the function, sources and deficiency diseases of fat and water-soluble vitamins LG3 Practise knife skills by preparing a healthy salad				
5 Food, nutrition and health - Antioxidants, vitamins and water	LG1 Explain the role of antioxidant vitamins and water in the body LG3 Recap and recall the skills needed to roll and shape shortcrust pastry LG3 Demonstrate skills in making cheese straws				
6 Food, nutrition and health - Minerals	LG1 Explain the function, source and deficiency disease of minerals LG3 Demonstrate skills in making 12 identical mini pastry products				
7 Food nutrition and health - Planning a balanced meal for specific dietary groups; and energy needs	LG1 Identify and explain the different dietary groups LG1 Explain why we need energy. LG1 Describe the sensory qualities of a range of food suitable for different dietary needs LG2 Demonstrate the psychomotor skills acquired so far in the course LG3 Make a skilful two course meal for £10 or under for a dietary group of your choice				
8 DIRT (Dedicated Improvement and Reflection Time) Completion of all topics covered so far	LG2 Recap and recall the topic Food nutrition and health <ul style="list-style-type: none"> • Complete any outstanding work • Respond to any corrections from your teacher 				
9 Presentation of food – garnishing and decorating techniques	LG1 Observe the skills necessary to marzipan and ice a rich fruit cake LG3 Using the knowledge gained cover cake with marzipan, fondant icing and decorate				
10 Food science - Selecting appropriate cooking methods	LG1 List the different types of cooking methods and identify the foods best cooked by these methods LG3 Practise the whisking method of cake making				

	LG3 Demonstrate skills in decorating a swiss roll (decorated swiss roll)			
11 Food safety Food spoilage and contamination Microorganisms and enzymes	LG1 Describe the microorganisms yeasts, moulds, bacteria and their growth conditions LG1 Explain the role of enzymes in food spoilage LG1 Explain how to control food spoilage LG2 Handle raw chicken safely LG3 Use a hand blender safely LG3 Make a successful sauce			
12 Food safety Food Spoilage and contamination The signs of food spoilage	LG1 Explain how enzymic browning takes place in some foods LG1 Explain how yeast can affect food LG1 Explain how moulds grow on foods LG3 Reduce excess liquid through simmering LG3 Prepare a high-risk food following correct hygiene guidelines			
13 Food safety Microorganisms in food production	LG1 Identify which organisms are used in food production LG1 Describe how microorganisms are used in yoghurt and cheese production LG3 Demonstrate skills in making crème patisserie LG3 Use the grill safely to make caramelised sugar topping			
14 Food safety Bacterial contamination	LG1 Identify the different sources of bacterial contamination LG1 Describe how to control the different types of food poisoning bacteria LG1 Identify the general symptoms of food poisoning LG1 Identify the main bacteria which cause food poisoning LG3 Practise the creaming method and piping a mixture			
15 Food safety Buying and storing food (temperature control)	LG2 Recap and recall the topic of Food spoilage and contamination LG1 Identify the key temperatures in food safety LG1 Explain their relevance to the control of bacteria in food LG3 Demonstrate the psychomotor skills acquired so far in the course by making a sweet baked product			
16 Food safety Preparing and cooking food Food hygiene when preparing and cooking food	LG1 Explain the importance of personal hygiene when preparing food LG3 Demonstrate the psychomotor skills acquired so far in the course by making a savoury baked product			
17 Food safety Preparing and cooking food	LG1 Explain the general principles of food safety when preparing and cooking food LG3 Practise making an enriched dough LG3 Shape and roll bread dough			
18 DIRT (dedicated improvement and reflection time) Completion of all topics covered so far	LG2 Recap and recall the topic of food safety <ul style="list-style-type: none"> • Complete any outstanding work • Respond to any corrections from your teachers 			
19 Food choice Food labelling and marketing influences	LG1 Recap and recall the topic of factors affecting food choice LG1 List the information that is required by law on a label LG1 Explain why the information is useful to the consumer LG1 Explain how marketing can influence food choice LG3 Demonstrate skills in handling gelatine and making a mousse			
20 Food choice British cuisine	LG1 Recap and recall the topic of factors affecting food choice <ul style="list-style-type: none"> • Define cuisine • Explore food and food products from British cuisine • Explore the distinctive features of British cooking, equipment, methods of cooking, eating patterns and presentation styles LG3 Demonstrate skills in making crème patisserie LG3 Enhance your trifle by piping whipped cream and sliced fruit			

21 Food choice International cuisine	LG1 Explore food and food products from different international cuisines LG1 Explore the distinctive features of international cooking, equipment, methods of cooking, eating patterns and presentation styles LG3 Practice cutting vegetables in to Julienne strips LG3 Handle a high-risk food appropriately LG3 Use the hob safely			
22 Food choice Sensory evaluation	LG1 Recap and recall the topic of British and international cuisine LG1 Identify reasons why sensory testing is carried out on food products LG1 Explain how taste receptors work when you eat food LG1 Explain the differences between the sensory testing methods that can be used LG1 Explain how to carry out sensory testing LG3 Demonstrate practical skills of bread making			
23 Food provenance - Food and the environment 1	LG2 Recap and revise the topic of sensory evaluation LG1 Recognise the environmental issues associated with food (recycling) LG1 Identify which foods are in season and the advantages and disadvantages of using seasonal foods LG1 Explain ways in which food wastage can be avoided in the home LG3 Demonstrate your skills in making a biscuit dough, caramel sauce and chocolate work			
24 Food provenance - Food and the environment 2	LG1 Explain the term food miles LG1 Discuss the advantages and disadvantages of organic food LG1 Explain how food packaging can be reduced LG3 Practise the whisking method of cake making LG3 Decorate the sponge			
25 Food provenance Food sources	LG1 Explain what genetically modified (GM) food is LG1 Explain the different methods of food production LG3 Practise making jam			
26 Food provenance Sustainability of food and food security	LG1 Explain what is meant by food security and insecurity LG1 Explain the challenges in providing a secure food supply LG3 Demonstrate the practical skills acquired by making a savoury product suitable for an afternoon tea			
27 Dirt (Dedicated Improvement and Reflection Time) and revision	LG2 Recap and recall the topic of Environmental impact and sustainability of food <ul style="list-style-type: none"> • Respond to any corrections from teacher • Revise the topics covered so far this term for the end of year exam LG3 Demonstrate the practical skills acquired by making a sweet product			
28 End-of-year exams	LG2 Revise for the end-of-year exam LG2 Demonstrate knowledge and understanding of the course so far			
29 Dirt (Dedicated Improvement and Reflection Time) and revision	LG2 Recap and recall the topic of Environmental impact and sustainability of food <ul style="list-style-type: none"> • Respond to any corrections from teacher • Revise the topics covered so far this term for the end of year exam LG3 Demonstrate the practical skills acquired by making a sweet product			

Links:

LG1: links to work covered in Y9 theory lessons

LG2: links to practise NEA1 and NEA2 in Y9

LG3: links to practical work covered in Y9