

Subject: Food

Date	Exams/ Assess	Unit(s)
2/9/24		<ul style="list-style-type: none"> • Nutrition: the nutrients, functions and sources
9/9/24		<ul style="list-style-type: none"> • The food groups & classification
16/9/24		<ul style="list-style-type: none"> • Balanced diets
23/9/24		
30/09/24		<p>Food Commodity 1: Fruit & vegetables</p>
7/10/24		<ul style="list-style-type: none"> • Origins, production and processing
14/10/24		<ul style="list-style-type: none"> • Classification
21/10/24		<ul style="list-style-type: none"> • Advanced chopping skills • Nutritional values and role in diet • Minimising nutrient loss in fruit & veg when storing, preparing and cooking vegetables • Topical food issues relating to fruit & veg: organic; seasonality; genetically modified crops • Practical work to possibly include: <ul style="list-style-type: none"> ○ Vegetable Rubik’s cube ○ Fresh fruit flan – focussing on presentation & food styling ○ Fajitas/stir fry/enchiladas ○ Apple pie ○ Carrot cupcakes. • Food Science investigation - Enzymic browning of fruit • <u>Written assessment for unit 1</u> <p><u>Brief, plan and practical assessment for unit 1</u></p>
4/11/24		<p>Food Commodity 2: Starchy Carbohydrates Foods</p>
11/11/24		<ul style="list-style-type: none"> • Cereal crops & staple foods
18/11/24		<ul style="list-style-type: none"> • Origins, production and processing
25/11/24		<ul style="list-style-type: none"> • Nutritional values and role in diet
2/12/24		<ul style="list-style-type: none"> • Energy, energy balance, starch v sugar, glycaemic index
9/12/24		<ul style="list-style-type: none"> • Effect of heat on starch
16/12/24		<ul style="list-style-type: none"> • Functions and ratios of ingredients in baked products • Methods of cake making • Pastry: functions of ingredients in each; uses of each type in baking • Raising agents • Practical work to possibly include: <ul style="list-style-type: none"> ○ Risotto ○ Macaroni cheese or tuna pasta bake (roux sauce) ○ Different wheat based breads ○ Victoria sandwich cake ○ Chocolate swiss roll yule log ○ Short crust pastry mince pies <p>Choux pastry profiteroles</p>
6/1/25		<ul style="list-style-type: none"> • Food Science investigation - suitability of different flours for bread making
13/1/25		<ul style="list-style-type: none"> • <u>Written assessment for unit 2</u>
20/1/25		

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27/1/25		<ul style="list-style-type: none"> • <u>Brief, plan and practical assessment for unit 2</u>
3/2/25		
10/2/25		<p>Food Commodity 3: Dairy Foods</p> <ul style="list-style-type: none"> • Origins, production and processing • Sensory analysis / profiles • Nutritional values and role in diet • Meal planning for particular groups & nutritional needs Technological developments in food processing • Practical work to possibly include: <ul style="list-style-type: none"> ○ Panna cotta & fruit coulis (setting by gelation) ○ frozen fruity yoghurt • <u>Written assessment for unit 3</u> • <u>Brief, plan and practical assessment for unit 3</u>
24/2/25		<p>Food Commodity 4: Protein rich foods (meat, fish, eggs, nuts, seeds, beans, lentils, pulses)</p> <ul style="list-style-type: none"> • Origins, production and processing • The science of protein • Nutritional values and role in diet • Food safety, bacteria, cross-contamination • Food labelling • Quality assurance & traceability • Methods of cooking & heat transference • Effect of heat on protein • Uses of eggs in cooking • Uses and processing of soya beans • Product development of Quorn. • Nutritional Values of plant protein foods – low biological values. • Complimentary action of plant protein foods. • Sensory analysis and types of taste test (in readiness for NEA1) • Vegetarians & dietary restrictions of some religious groups relating to meat consumption. • Practical work to possibly include with a focus on food styling in readiness for NEA2: <ul style="list-style-type: none"> ○ Portioning a whole chicken ○ Chicken kiev / roulades ○ French style chicken ○ Meatballs & pasta or burgers ○ Sweet and sour pork or chicken with egg fried rice ○ Filleting of fish – fish pie ○ Meringue roulade ○ Quiche ○ Bean burgers or mixed bean chilli stew
3/3/25		
10/3/25		
17/3/25		
24/3/25		
31/3/25		
21/4/25		
28/4/25		
5/5/25		
12/5/25		
19/5/25		
2/6/25		<ul style="list-style-type: none"> • <u>Brief, plan and practical assessment for unit 4</u> • <u>Written assessment for unit 4</u>
9/6/25		
16/6/25		<p>Unit 5: Fats & oils, sugars & syrups</p> <ul style="list-style-type: none"> • Origins, production and processing • Types and classification • The science of fats & oils • Nutritional values and role in diet • Health issues relating to fat and/or sugar • <u>Food science investigation: mock NEA1 task</u>
23/6/25		
30/6/25		
7/7/25		
14/7/25		

Year 10 Long Term Scheme of Learning 2024-25

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