



Subject	Year	Specialism
Eduqas Food preparation and Nutrition	10	Food
Project		
Food Commodities - Proteins continued – alternative proteins		
Content (Intent)		
Prior Learning: Key stage 3 course in food preparation and nutrition in years 7,8 and 9. Pre GCSE skills unit in food taught from Easter in Year 9. Last term work – Proteins – meat and fish.		
Future Learning: Revisited for examination and food practical assessments and into next unit Food commodities -		
How will knowledge and skills be taught (Implementation)		How will your understanding be assessed & recorded (Impact)
<p>Learners will: Work within the 6 key learning areas of</p> <ol style="list-style-type: none">1. Food commodities2. Principles of nutrition3. Diet and good health4. The science of food5. Where food comes from6. Cooking and food preparation <p>integrated into all lessons</p> <ul style="list-style-type: none">- Principles of nutrition / diet and good health <p>Macro and Micronutrients The Eatwell guide / Healthy eating</p> <ul style="list-style-type: none">- The science of food- Effect of cooking of foods- Food spoilage- Where food comes from—food provenance and manufacturing- Preparation and cooking skills, use of equipment-Developing and modifying recipes- Health, safety and hygiene <p>Major commodity group – Proteins the role of protein foods in the diet. Should reflect current recommended guidelines for a healthy diet</p> <p>Learners need to know and understand:</p> <ul style="list-style-type: none">- the value of the commodity within in the diet- features and characteristics of each commodity with reference to their correct storage to avoid food contamination-the working characteristics of each commodity, with reference to the skill group and techniques e.g. when subjected to dry/moist methods of cooking- the origins of each commodity- experiment with the commodity to explore physical and chemical changes that occur as a result of given actions- consider complementary actions of a commodity in a recipe <p>prepare and cook dishes using the commodities</p> <p>Learners will</p> <ul style="list-style-type: none">• -Protein – revisit – work carried out in pre option unit in y9 – some topics covered but not in great depth• Understand the vegetarian diet – vegan, lacto ovo, lacto vegetarian etc• Understand the role of Quorn, Tofu, soya beans, in the diet <p>Learners will – prepare and cook dishes using the commodities including</p> <ul style="list-style-type: none">- Experiment with the commodity to explore physical and chemical changes that occur in product- Consider the product in a variety of recipes <p>Prepare and cook dishes that use the commodity including Soya and alternative protein food – including beans. Nuts and seeds</p> <ul style="list-style-type: none">--Quorn practical—planning-Cassoulet—use of beans—modifying recipes- Increasingly pupils will prepare their own recipes independently to encourage skill development for GCSE practical assessment		<p>Assessment Pupil's work will be assessed in a variety of ways</p> <ul style="list-style-type: none">- Teacher assessment – books will be checked and marked on a regular basis- Written and verbal feedback will be given- Practical work – verbal feedback given- Homework will be assessed in line with dept policy- Exam questions will be used frequently, marked and graded in line with assessment criteria <p>These will be used to build up a clear picture of student effort and progress which will be communicated to parents in interim reports, main school reports and during parents' evenings.</p> <ul style="list-style-type: none">• Main areas of assessment:• Practical work and skill development• Quality of finish on final product• Exercise books• Termly test on topic covered
How can parents help at home?		
Students will complete their work in an exercise book, through exam questions and worksheets. It would be great if you could look at your child's work and ensure tasks are completed to the best of their ability. In addition, it would be good if you could look at the vast resources on our Food and Nutrition VLE pages and also to provide them with ingredients for practical work (all dates are published at the beginning of each half to help with planning)		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
<p>Reading</p> <p>https://balcarras.fireflycloud.net/dandt-food-and-nutrition/gcse-food-preparation-and-nutrition</p> <p>https://www.foodafactoflife.org.uk/</p>	<p>Vocabulary</p> <p>Alternative proteins Mycoprotein Tofu Sustainability Vegetarian ; lacto, ovo, vegan Protein complementation Low biological value Pulses Textured vegetable protein Anaphylaxis</p>	<p>Careers Links</p> <p>Find out about all aspects of food careers - https://tastycareers.org.uk</p> <p>https://www.foodafactoflife.org.uk/whole-school/careers-in-food/</p>