

Subject	Year	Specialism
Eduqas Food preparation and Nutrition	10	Food

Project

Food Commodities - Cereals

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. Year 10 topics – fats/oils and sugars

Future Learning: Revisited for examination and food practical assessments and into next unit Food commodities - Proteins

How will knowledge and skills be taught (Implementation)	How will your understanding be assessed & recorded (Impact)
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Learners will:
Work within the 6 key learning areas of

1. Food commodities
2. Principles of nutrition
3. Diet and good health
4. The science of food
5. Where food comes from
6. Cooking and food preparation

integrated into all lessons

- Principles of nutrition / diet and good health
- Macro and Micronutrients
- The Eatwell guide / Healthy eating
- 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

Major commodity group – Cereals

- Cereals - nutritional value of cereals
- Wheat, processing and milling – flour types
- Secondary and primary processing
- Bread and the science of breadmaking
- Pasta, rice, maize, oats, barley, rye
- Value in diet
- Food provenance
- Air miles

Learners need to know and understand:

- 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

prepare and cook dishes using the commodities

Learners will:

- Understand fully the topic of cereals – role in diet, uses and functions in cooking
- Understand the- structure of wheat grain, primary and secondary processing
- Understand the importance of rice in the diet, types and uses in cooking - theory
- Successfully plan a practical of their own choice - Planning link to NEAs—Writing a simple time plan
- Understand the Science of bread making – revision, types of flour and yeast, industrial processing
- Understand and learn about the importance of other cereals including - Maize oats, barley and rye theory and breakfast cereals
- prepare and cook dishes using the commodities including
- Making lasagne – pasta theory
- Making ragu /lasagne
- Assembling lasagne – cheese sauce (roux revision/ béchamel/all in one)
- Finnish fruit plait
- Rice practical

Assessment
Pupils work will be assessed in a variety of ways

- 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

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.

- 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 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)

Reading
<https://balcarras.fireflycloud.net/dandt-food-and-nutrition/gcse-food-preparation-and-nutrition>

<https://www.foodafactoflife.org.uk/>

Vocabulary
Staple food
Primary and secondary processing
Extraction rate
Fortification
Phytic acid
NSP, soluble and insoluble fibre
Cereal grain
Germ, bran, endosperm
Fermentation
Glutenin, gliadin, gluten
Kneading
Proving

Careers Links
Find out about all aspects of food careers

<https://tastycareers.org.uk>

<https://www.foodafactoflife.org.uk/whole-school/careers-in-food/>