

Subject	Year	Specialism										
Eduqas Food preparation and Nutrition	10	Food										
Project												
Food Commodities - Fruit and vegetables												
Content (Intent)												
<p>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.</p>												
<p>Future Learning: Revisited for examination and food practical assessments and into next unit Food commodities - Fats, oils and sugars</p>												
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 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 <p>integrated into all lessons</p> <ul style="list-style-type: none"> - 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 <p>Major commodity group – fruit and vegetables - fruit and vegetables (fresh, frozen, dried, canned and juiced) Should reflect current recommended guidelines for a healthy diet, e.g., reduction of sugar intake.</p> <p>Learners need to know and understand:</p> <ul style="list-style-type: none"> • the value of fruit and vegetables within in the diet • features and characteristics of fruit and vegetables with reference to their correct • storage to avoid food contamination • the working characteristics of fruit and vegetables, with reference to GCSE practical skills • the origins of each commodity • Food provenance • Air miles – organic – fair trade – red tractor <p>Learners will:</p> <ul style="list-style-type: none"> • experiment with the commodity to explore physical and chemical changes that occur because of given actions • consider complementary actions of a commodity in a recipe • prepare and cook dishes using the commodities including <p>Soup, cauliflower cheese, crumble and cobbler, stuffed peppers, investigation work</p>	<p>Assessment Pupils 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?												
<p>Students will complete their work in an exercise book, through notes, 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). It would also be beneficial if you could give constructive feedback on quality of products made.</p>												
Helpful further reading/discussion (including Reading and Vocabulary Lists)												
<p>Reading https://balcarras.fireflycloud.net/dandt-food-and-nutrition/gcse-food-preparation-and-nutrition https://www.foodafactoflife.org.uk/</p>	<p>Vocabulary</p> <table border="0"> <tr> <td>Macro and micronutrients</td> <td>Food provenance</td> </tr> <tr> <td>Water soluble</td> <td>Sustainability</td> </tr> <tr> <td>Balanced diet</td> <td>Ethical production</td> </tr> <tr> <td>Food spoilage</td> <td>Food manufacturing</td> </tr> <tr> <td>Enzymes</td> <td>Organically produced</td> </tr> </table>	Macro and micronutrients	Food provenance	Water soluble	Sustainability	Balanced diet	Ethical production	Food spoilage	Food manufacturing	Enzymes	Organically produced	<p>Careers Links Find out about all aspects of food careers https://tastycareers.org.uk https://www.foodafactoflife.org.uk/whole-school/careers-in-food/</p>
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