

Subject	Year	Specialism
Eduqas Food preparation and Nutrition	10	Food
<b>Project</b>		
Food commodities - Proteins and Trial examination preparation		
<b>Content (Intent)</b>		
<p><b>Prior Learning:</b> 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 unit of work Cereals based.</p> <p><b>Future Learning:</b> Revisited for examination and food practical assessments and into next unit Food commodities -</p>		
<b>How will knowledge and skills be taught (Implementation)</b>		<b>How will your understanding be assessed &amp; recorded (Impact)</b>
<p><b>Learners will:</b> Work within the 6 key learning areas of</p> <ol style="list-style-type: none"> <li>1. Food commodities</li> <li>2. Principles of nutrition</li> <li>3. Diet and good health</li> <li>4. The science of food</li> <li>5. Where food comes from</li> <li>6. Cooking and food preparation</li> </ol> <p><b>Major commodity group – Proteins</b> the role of protein foods in the diet. Should reflect current recommended guidelines for a healthy diet</p> <p><b>Learners need to know and understand:</b></p> <ul style="list-style-type: none"> <li>- the value of the commodity within in the diet</li> <li>- features and characteristics of each commodity with reference to their correct storage to avoid food contamination</li> <li>-the working characteristics of each commodity, with reference to the skill group and techniques e.g., when subjected to dry/moist methods of cooking</li> <li>- the origins of each commodity</li> <li>- experiment with the commodity to explore physical and chemical changes that occur because of given actions</li> <li>- consider complementary actions of a commodity in a recipe</li> </ul> <p>prepare and cook dishes using the commodities</p> <p>Learners will</p> <ul style="list-style-type: none"> <li>-Protein – revisit – work carried out in pre option unit in y9 – some topics covered but not in great depth</li> </ul> <p><b>MEAT</b></p> <ul style="list-style-type: none"> <li>- Nutrition – HBV/LBV – the differences between animal and plant-based proteins – to include protein alternatives</li> <li>- The dietary role of protein in the diet</li> <li>- How groups like vegetarians can gain protein in diet – protein complementation.</li> <li>- Differences in the types of meat available, beef , lamb, poultry etc also cover – gammon, veal, offal, game</li> <li>- Understand the choice and range available to consumer – wise food shopping, ethical production</li> <li>- Why meat is cooked and methods of heat transference – slow cooking, tenderising .The effects of heat on protein foods. Understand Maillard reaction, non-enzymatic browning, gelatine and collagen</li> <li>- Food hygiene and safety issues associated with meat</li> <li>- How to fillet / joint a chicken</li> </ul> <p><b>FISH</b></p> <ul style="list-style-type: none"> <li>- The range and availability and choice of fish</li> <li>- Fish farming methods – sustainability and ethical food production</li> <li>- How to buy – store – prepare fish safely</li> <li>- How to cook fish through a variety of methods</li> <li>- Fish production and food processing – primary and secondary food production methods</li> <li>- Nutritional value of fish in the diet</li> <li>- How to fillet a fish</li> </ul> <p>Learners will – prepare and cook dishes using the commodities including</p> <ul style="list-style-type: none"> <li>- Experiment with the commodity to explore physical and chemical changes that occur in product</li> <li>- Consider the product in a variety of recipes</li> <li>- Prepare and cook dishes that use the commodity including - Lean meats – make meatballs and sauce ingredients needed</li> <li>- Filleting chicken - practical—freezing techniques</li> <li>- Filleting fish—practical – own choice</li> <li>- Chicken Tray bake practical – own choice—planning</li> <li>- Fajitas practical</li> <li>- Increasingly pupils will prepare their own recipes independently to encourage skill development for GCSE practical assessment</li> </ul> <p><b>- Revision for summer term examinations</b> Year 10 will be on exam leave—immediately after half term</p>		<p><b>integrated into all lessons</b></p> <ul style="list-style-type: none"> <li>- Principles of nutrition / diet and good health</li> <li>Macro and Micronutrients</li> <li>The Eatwell guide / Healthy eating</li> <li>- The science of food</li> <li>- Effect of cooking of foods</li> <li>- Food spoilage</li> <li>- Where food comes from—food provenance and manufacturing</li> <li>- Preparation and cooking skills, use of equipment</li> <li>-Developing and modifying recipes</li> <li>- Health, safety and hygiene</li> </ul> <p>Assessment Pupils work will be assessed in a variety of ways</p> <ul style="list-style-type: none"> <li>- Teacher assessment – books will be checked and marked on a regular basis</li> <li>- Written and verbal feedback will be given</li> <li>- Practical work – verbal feedback given</li> <li>- Homework will be assessed in line with dept policy</li> <li>- Exam questions will be used frequently, marked and graded in line with assessment criteria</li> </ul> <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"> <li>• Main areas of assessment:</li> <li>• Practical work and skill development</li> <li>• Quality of finish on final product</li> <li>• Exercise books</li> <li>• Termly test on topic covered</li> </ul>
<b>How can parents help at home?</b>		
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)		
<b>Helpful further reading/discussion (including Reading and Vocabulary Lists)</b>		
<p><b>Reading</b></p> <p><a href="https://baltarras.fireflycloud.net/dan-dt-food-and-nutrition/gcse-food-preparation-and-nutrition">https://baltarras.fireflycloud.net/dan-dt-food-and-nutrition/gcse-food-preparation-and-nutrition</a></p> <p><a href="https://www.foodafactoflife.org.uk/">https://www.foodafactoflife.org.uk/</a></p>	<p><b>Vocabulary</b></p> <p>Essential amino acids High and low biological value Cross contamination Elastin, collagen, gelatine, myosin Haem iron Connective tissue Denaturation Marinading Sustainability Omega 3</p>	<p><b>Careers Links</b></p> <p><a href="https://tastycareers.org.uk">https://tastycareers.org.uk</a></p> <p><a href="https://www.foodafactoflife.org.uk/whole-school/careers-in-food/">https://www.foodafactoflife.org.uk/whole-school/careers-in-food/</a></p>