

# Food Preparation & Nutrition – Year 10

## Curriculum Intent

### GCSE FOOD PREPARATION & NUTRITION YEAR 10

	What?	Why?
Term 1-1	<p>3.3.1 Cooking of food and heat transfer  3.3.1.1 Why food is cooked and how heat is transferred to food  3.3.1.2 Selecting appropriate cooking methods</p> <ul style="list-style-type: none"> <li>the reasons why food is cooked</li> <li>the different methods of heat transfer</li> </ul> <p>Selection of appropriate preparation, cooking methods and times to achieve desired characteristics.</p>	<p>Food is cooked to:</p> <ul style="list-style-type: none"> <li>make food safe to eat</li> <li>develop flavours</li> <li>improve texture</li> <li>improve shelf life</li> <li>give variety in the diet.</li> </ul> <p>How preparation and cooking affect the appearance, colour, flavour, texture, smell and overall palatability of food.</p> <p>How heat is transferred to food through:</p> <ul style="list-style-type: none"> <li>conduction • convection • radiation.</li> </ul> <p>How the selection of appropriate preparation and cooking methods can conserve or modify nutritive value or improve palatability:</p> <ul style="list-style-type: none"> <li>water based: steaming, boiling, simmering, blanching, poaching, braising</li> <li>dry methods: baking, roasting, grilling, dry frying</li> <li>fat based: shallow frying, stir fry</li> </ul> <p>How preparation and cooking affect the appearance, colour, flavour, texture, smell and overall palatability of food eg the use of marinades to denature protein.</p>

Term 1-2 Term 2-1	<p><b>3.5 FOOD CHOICES</b></p> <p>3.5.2.1 Factors affecting food choice</p> <p>To know and understand factors which may influence food choice.</p>	<p>The following factors in relation to food choice:</p> <ul style="list-style-type: none"> <li>• physical activity level (PAL)</li> <li>• celebration/occasion</li> <li>• cost of food preferences enjoyment</li> <li>• food availability</li> <li>• healthy eating</li> <li>• income lifestyles</li> <li>• seasonality</li> <li>• time of day time available to prepare/cook.</li> </ul> <p>Students must be able to cost recipes and make modifications. When selecting recipes students could explain and justify their reasons for choice. When preparing recipes and meals consider lifestyle, consumer choice etc. When planning recipes and dishes carry out costing of the dishes.</p> <p><b><u>Food choice linked to the following religions and cultures:</u></b> Buddhism, Christianity, Hinduism, Islam, Judaism, Rastafarianism and Sikhism</p> <ul style="list-style-type: none"> <li>• food choice linked to the following ethical and moral beliefs: animal welfare, fairtrade, local produce, organic, Genetically Modified (GM) foods</li> <li>• food choice linked to food intolerances (gluten and lactose) and the following allergies: nuts, egg, milk, wheat, fish and shellfish.</li> </ul>
	<p>3.5.1.2 Food choice related to religion, culture, ethical and moral beliefs and medical conditions.</p>	<p><b><u>Food Labelling and Marketing</u></b></p> <p>Mandatory information included on food packaging in accordance with current European Union and Food Standards Agency (FSA) legislation</p> <ul style="list-style-type: none"> <li>• non-mandatory information: provenance, serving suggestions</li> <li>• how to interpret nutritional labelling</li> </ul>
	<p>3.5.1.3 food labelling and marketing</p> <p>How information about food available to the consumer, including labelling and marketing, influences food choice.</p>	





	<p><b>3.5.2 British and two other cuisines</b> Food products from British tradition and two different cuisines. Schools or colleges/students can select different cuisines to study Cuisine is defined as: 'a style characteristic of a particular country or region where the cuisine has developed historically using distinctive ingredients, specific preparation and cooking methods or equipment, and presentation or serving techniques'.</p> <p><b>3.1- FOOD PREPARATION SKILLS</b></p>	<ul style="list-style-type: none"> <li>• how food marketing can influence food choice eg buy one get one free, special offers, meal deals, media influences, advertising, point of sales marketing.</li> </ul> <p><b><u>British/other Cuisines</u></b> Distinctive features and characteristics of cooking:</p> <ul style="list-style-type: none"> <li>• equipment and cooking methods used</li> <li>• eating patterns</li> <li>• presentation styles</li> <li>• traditional and modern variations of recipes.</li> </ul> <p>Students should have the opportunity to prepare and cook recipes from a range of countries and cuisines, using different equipment and cooking methods. Skills demonstrated will be relevant to the task selected and demonstrate food preparation and cooking skills across groups</p>
Term 2-2	<p><b><u>3.6- FOOD PROVENANCE</u></b> 3.6.1- environmental impact and sustainability</p> <ul style="list-style-type: none"> <li>• 3.6.1.1- environmental issues</li> <li>• 3.6.1.2- food provenance and production methods- where and how ingredients are grown, reared and caught</li> <li>• 3.6.1.3- sustainability and global impact</li> </ul> <p><b>3.1- FOOD PREPARATION SKILLS</b></p>	
Term 3-1	<p>NEA 1 practice, recap on food science</p> <p>NEA2 practice, recap on healthy eating, nutritional information, modifying recipes, suitability for the lifestage/special diet</p>	
Term 3-2		