

## Year 10 Food & Nutrition Curriculum Plan

	<b>Key concept/ Key question</b>	<b>Overview of the unit</b>	<b>Assessment</b>	<b>Cross Curricular Skills</b>	<b>Suggested reading material and websites:</b>
<b>Unit 1</b> Pastry and raising agent	<p>What are three main types of raising agent?</p> <p>What are the four types of pastry?</p> <p>How to choose suitable pastry for my dish?</p> <p>How to use eatwell plate to create a healthy balanced dish?</p>	<p>Theory: Familiar with the use of three raising agent (chemical/ mechanical/ natural)</p> <p>Understand different pastry types (choux/ puff/ yeasted/ filo/ shortcrust) and their function</p> <p>Learn to use eatwell plate to design healthy balanced dish</p> <p>Practical: Choux pastry/ pizza/ gluten free cake/ eggless muffin (Kneading/ making dough/ measuring/ weighting/ rubbing in/ mixing/ understand equipment/</p>	<p>Written paper assessment</p> <p>Practical assessment on pastry dish</p>	<p><b>Literacy:</b> Use of key terms and annotation of design work.</p> <p><b>Numeracy:</b> Weighting and measuring during practical. Planning sequences of making.</p> <p><b>Thinking Skills:</b> Creative thinker while responding to eat well plate, enquirer skills while working with design brief for specific dietary need.</p>	<p><a href="http://foodafactoflife.org.uk/Sheet.aspx?siteId=20&amp;sectionId=82&amp;contentId=277">http://foodafactoflife.org.uk/Sheet.aspx?siteId=20&amp;sectionId=82&amp;contentId=277</a></p> <p><a href="http://www.bakeinfo.co.nz/Facts/Pastry">http://www.bakeinfo.co.nz/Facts/Pastry</a></p> <p><a href="https://www.nutrition.org.uk/foodinschools/teachercentre/resources.html">https://www.nutrition.org.uk/foodinschools/teachercentre/resources.html</a></p>
<b>Unit 2</b> <b>Nutrition &amp; Healthy diet</b>	<p>Identify different types of dietary need.</p> <p>Identify different types of nutrients.</p> <p>How to use British food foundation food data to</p>	<p>eat well plate/ dietary need/ food risk dietary need of life stages/ cultures and food</p> <p>Protein &amp; carbohydrates in diet</p> <p>Fat, fibre and water in diet</p> <p>micronutrients: vitamin/ minerals/ water</p> <p>Practical: Meat stir fry/ Carrot cake/ shish kebab with veg/ Lasagne/ Fish pie/ Assessment: creative pie</p>	<p>Written paper assessment - nutrients</p> <p>Practical assessment on creative pie</p>	<p><b>Literacy:</b> Written report of dietary needs Notes taking skill</p> <p><b>Numeracy:</b> Weighting, measuring during practical and using data. Planning sequences of making.</p> <p><b>Thinking Skills:</b> <b>Creative thinker</b> while responding to eat well plate <b>Self-manager</b> while researching on dietary written report</p>	<p><a href="http://foodafactoflife.org.uk/Sheet.aspx?siteId=19&amp;sectionId=75&amp;contentId=240">http://foodafactoflife.org.uk/Sheet.aspx?siteId=19&amp;sectionId=75&amp;contentId=240</a></p> <p><a href="http://foodafactoflife.org.uk/Sheet.aspx?siteId=19&amp;sectionId=75&amp;contentId=243">http://foodafactoflife.org.uk/Sheet.aspx?siteId=19&amp;sectionId=75&amp;contentId=243</a></p> <p><a href="https://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients.html">https://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients.html</a></p>



	analyse food nutrients?	(Knife skills/ prep vegetable/ grating/ raising/ marinating/ tenderising/ pasta making/ filleting fish/ skewer/ pastry)			
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