

Year 10 Food Curriculum Sequencing Grid			
Subject: GCSE Food Preparation and Nutrition	Term One	Term Two	Term Three
Unit (Tablet in 39 week plan)	Week 1-10: Nutrition (macro/Micro nutrients) and Nutritional needs and health Week 11-13: Cooking of food and heat transfer Plus week 14 and 15	Week 14 – 21: Functional and chemical properties of food Week 22-23: Food spoilage and contamination Week 24 – 25: Principles of food safety Plus week 26	Week 26- 28: Factors affecting food choice and Food provenance Week 29: Food styling Week 30-34: Trial and Preparation for NEA2 including practical examination Week 35-38: Prep and trial exams/ CTG Week 39: Processing and production
Substantive Knowledge (required for Y11) What... How.... Why....	To deepen understanding of food commodities, apply functionality, working characteristics and make justified choices of commodities used. Use advanced skills in preparation of commodities. Apply nutritional knowledge to plan, prepare and make skilled dishes	To deepen understanding of food science demonstrated through practical application Writing detailed evaluative reports showing scientific principles and explanations	To apply food science, commodities and provenance theory to research selected topic, produce findings through a scientific report. To plan, prepare and make a range of dishes for a specific target audience with justification
Disciplinary Knowledge (required for Y11) What... How... Why...	Skills required for independent learning and development for Food, Preparation & Nutrition. Ability to apply knowledge of a range of food commodities through practical experience and development of theoretical knowledge linked to the Nutrition	Skills required for independent learning and development for Food, Preparation & Nutrition. Ability to apply knowledge of the Science of Food through practical experience and development of theoretical knowledge linked to the Key Terminology	Skills required for independent learning and development for Food, Preparation & Nutrition. Ability to apply knowledge of the Science of Food through practical experience and development of skills in preparation of NEA1&2

Key Technical Vocabulary <i>To be modelled and deliberately practiced in context.</i>	Essential Amino Acids, High biological value, low biological value, Carbohydrates, proteins, Fats, Vitamins and Minerals. Macro and micronutrients. eat well Guide and Eight Top Tips	Boiling, Steaming, Roasting Braising, Denaturation, coagulation, dextrinization, caramelisation, gelatinisation, plasticity, shortening emulsification, raising agents (Carbon dioxide/ air/ Steam and Biological/ chemical/mechanical)	Cuisine, Labelling, packaging, evaluative report, functional properties, working characteristics, research, analysis, evaluation, high level skills, dovetailing
Opportunities for reading	Recipe cards, Text books, Independent research	Recipe cards, Text books, Independent research	Recipe cards, Text books, Independent research
Developing Cultural Capital <i>Essential knowledge and skills of educated citizens.</i>	Practical cookery, correct choice of food commodities, working with others Importance of Nutrition in society and on health	Practical cookery, correct choice of food commodities, working with others Importance of Nutrition and safe practice in society	Practical cookery, correct choice of food commodities, working with others Food provenance and responsible consumers
Authentic Connections – Cross Curricular Links	Maths – weighing & measuring Science – chemical structure of nutrients English – Oracy/reading Geography – farming PE - health	Maths – weighing & measuring Science – chemical structure of nutrients English – Oracy/reading	Maths – weighing & measuring English – Oracy/reading/writing Geography – farming
Key Assessment	Pupils tested on their retention and understanding of food commodities through exam style questions - AO1 and application of knowledge through AO2. Guided practice in CTG Y10 Trial assessment 1 (50 mins/ 50 marks) based on content so far.	Pupils tested on their retention and understanding of food commodities through exam style questions - AO1 and application of knowledge through AO2. Guided practice in CTG Y10 Trial assessment 2 (50 mins/ 50 marks) based on content so far. NEA 1 Trial Assessments	NEA 2 practical assessment and written coursework Trial written past paper examination