

Subject:

Food Preparation and Nutrition



HECKMONDWIKE
GRAMMAR SCHOOL

KS4 - Year 10 Curriculum Overview

Autumn Term

Topics being taught

Half Term 1

- Protein: functions, plant and animal sources, protein structures.
- Gelatinisation: White sauce.
- Functional properties of gluten.
- Primary and secondary processes.
- Microorganisms in dairy.

Half Term 2

- Carbohydrates: functions, sources of carbohydrates.
- Caramelisation and dextrinisation.
- Nutritional affects of processing.
- Fats: functions, sources of fat, properties and emulsification.

Term 1

What you will be assessed on

Stepping Stone Assessment

- **End of unit test:** covering content from half term 1.
- **Progress grade:** quality of practical outcomes.

Milestone Assessment

- **End of unit test:** covering content from term 1.
- **Progress grade:** quality of practical outcomes

Term 2

How you can support at home

Include your child when gathering ingredients for practical work.

Share your cooking knowledge and experiences with your child.

Discuss recipes with your child before practical lessons.

Independent Reading: Micro and Macronutrients.

CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS

Spring Term

Topics being taught

Half Term 3

- Aerating food with fats and oils.
- Scientific principles and application of raising agents.
- Functions of fats, vitamins and minerals.
- The diet and dehydration.
- Principles of enzymic browning.

Half Term 4

- Nutrition and dietary groups.
- Methods of heat transfer.
- Reasons for cooking food.
- Marinades and proteins.
- Factors affecting food choice.

Term 3

What you will be assessed on

Stepping Stone Assessment

- **End of unit test:** covering content from half term 3.
- **Progress grade:** quality of practical outcomes.

Milestone Assessment

- **End of unit test:** covering content from term 2.
- **Progress grade:** quality of practical outcomes

Term 4

How you can support at home

Include your child when gathering ingredients for practical work.

Share your cooking knowledge and experiences with your child.

Discuss recipes with your child before practical lessons.

Independent Reading:

EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS

Summer Term

Topics being taught

Half Term 5

- Food choice: religion, culture, etc.
- Environmental issues and food.
- Food provenance: reared, caught and grown food.
- Food security and external factors.
- Methods of sensory analysis.

Half Term 6

- NEA1: Expectations and guidance.
- NEA1: Task 1

Term 5

What you will be assessed on

Stepping Stone Assessment

- **End of unit test:** covering content from half term 5.
- **Progress grade:** quality of practical outcomes.

Year 10 Finals Exam

- **NEA1 Progress grade:** Teacher assessed grade of practical work.

Term 6

How you can support at home

Include your child when gathering ingredients for practical work.

Share your cooking knowledge and experiences with your child.

Independent study: NEA1

Independent Revision in preparation for Year 10 Finals exam.