

## Subject Area : Food Preparation and Nutrition

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| Year Group : 10 | Unit of Work :  |
| Half Term : 1   | <u>Skills:</u><br>Knowledge and understanding of:<br>Nutritional importance of Protein, fats, carbohydrates.<br><u>Practical Skills:</u><br>FPT1 Crudités - Knife Skills<br>FPT2 Stir Fry - Knife skills, Cooking methods |

## Reasons behind order of topic in this half term

The skill list below is the expected range for the GCSE given by AQA. The students build a portfolio of skills by cooking a wide range of products throughout the year which allow them to demonstrate numerous skills from the list below. The first 2 products are designed to ensure everyone is working safely with a consistent message and the teacher is able to assess the student's individual abilities as a starting point along with an underpinning of nutritional knowledge.

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| 1  | General Practical Skills       | Weigh and measure                            |
|    |                                | Prepare ingredients and equipment            |
|    |                                | Select and adjust cooking times              |
|    |                                | Test for readiness                           |
|    |                                | Judge and modify sensory properties          |
| 2  | Knife Skills                   | Fruit and vegetables                         |
|    |                                | Meat, fish or alternatives                   |
| 3  | Preparing fruit and vegetables | Preparing fruit and vegetables               |
| 4  | Use of the cooker              | Using the grill                              |
|    |                                | Using the oven                               |
| 5  | Use of equipment               | Using equipment                              |
| 6  | Cooking methods                | Water based methods using the hob            |
|    |                                | Dry heat and fat based methods using the hob |
| 7  | Prepare, combine and shape     | Prepare, combine and shape                   |
| 8  | Sauce making                   | Starch based sauce                           |
|    |                                | Reduction sauce                              |
|    |                                | Emulsion                                     |
| 9  | Tenderise and marinate         | Tenderise and marinate                       |
| 10 | Dough                          | Making a dough (bread, pastry, pasta)        |
|    |                                | Shaping and finishing                        |
| 11 | Raising agents                 | Eggs as a raising agent                      |
|    |                                | Chemical raising agents                      |
|    |                                | Steam as a raising agent                     |
|    |                                | Biological raising agent                     |
| 12 | Setting mixtures               | Removal of heat                              |
|    |                                | Use protein                                  |

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| Year Group : 10<br>Half Term : 2  | Unit of Work :<br><u>Skills :</u><br>Knowledge and understanding of:<br>Nutritional importance of Vitamins, Minerals, Fibres & water<br><br><u>Practical Skills:</u><br>FPT3 Thai Curry – knife skills (meat/fish/alt), Sauce Making, Use of Cooker<br>FPT4 Choux Pastry – Pastry Making/use of equipment, sauce making, test for readiness, weighing and measuring, steam as a raising agent. |
| Reasons behind order of topic in this half term   |  |
| The nature of this course means that the materials are best taught concurrently rather than in sections/topics. For example, practical's need to be spaced out throughout the year and the food science for each is taught practically during the FPT sessions and will then be covered in more detail later in the year with a focus on recall of experience during practical to embed the learning. Much of the scheme is iterative, with skills being built upon session by session. |  |

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| Year Group : 10<br>Half Term : 3   | Unit of Work :<br><u>Skills :</u><br>Knowledge and understanding of different nutritional requirements during life stages.<br>Applying learning to meal planning and accurate nutritional analysis.<br><u>Practical Skills:</u><br>FPT5 Puff Pastry – weighing & measuring, dough making, shaping, changing flavours, use of the oven<br>FPT6 Meringues – creating a foam, sauce making, presentation, testing for readiness<br>FPT 7 Mayonnaise – emulsion, food safety, |
| Reasons behind order of topic in this half term  |   |
| Practical sessions are building in complexity with further skills being added. This allows students the opportunity to practice earlier skills again whilst adding new skills in. This is intended to developed independent working & confidence. Students should be building a portfolio of skills. |   |

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| Year Group : 10<br>Half Term : 4   | Unit of Work :<br><br><u>Skills :</u><br>Scientific principles of properties of Protein, carbohydrates and Fat including gelatinisation, plasticity, emulsification, shortening, dextrinisation, denaturation.<br><br><u>Practical Skills:</u><br>FPT7 Panna cotta – using gelatine to set, presentation, sauce making, independent working, writing a time plan<br>FPT8 Lasagne – reduction sauce & roux/blended sauce, food safety, knife skills, use of hob, sauce making, gelatinisation, layering, use of oven, following a time plan. |
| Reasons behind order of topic in this half term  |   |
| Students are now developing ability to alter recipes themselves, write their own time plan for practical's lessons and concede the importance of presentation of their products. These are all skills they will demonstrate in their year 11 project and in their 3-hour practical exam. |   |

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| Year Group : 10<br>Half Term : 5  | Unit of Work :<br><br><u>Skills :</u><br>Develop knowledge and understanding of food safety principles including the 4 c's cooking, chilling, cooing and cross contamination.<br>Exploring the difference between beneficial and detrimental bacteria relating to food processing and food poisoning.<br><u>Practical Skills:</u><br>FPT9 Chicken Thighs – safe handling of high risk food, skinning/Boning chicken, changing flavours with herbs, testing for readiness.<br>FPT10 Chicken Tikka – denaturing/marinating protein |
| Reasons behind order of topic in this half term   |  |
| The food safety aspects are taught during the time the students are working with high risk foods. They are expected to demonstrate the knowledge they have learned during theory in their practical sessions. |  |

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| Year Group : 10<br>Half Term : 6   | Unit of Work :<br><br><u>Skills :</u><br>Demonstrating understanding of food choices such as vegetarian and vegan. Also, covering religious and cultural reasons behind food choices. Knowledge of allergies and intolerance covering coeliac & lactose intolerance.<br><u>Practical Skills:</u><br>FPT11 Own choice – demonstrating skills from the range above<br>FPT12 Own choice - demonstrating different skills from the range above |
| Reasons behind order of topic in this half term  |  |
| This half term prepares the students for the expectation of adapting and developing recipes in their coursework to suit a particular brief which may be a life stage, cultural influence or a diet related food aspect. The students have to show their knowledge and understanding of a particular aspect and be able to develop and make food according. This is a key aspect of their year 11 coursework; preparing them for the expectations of Year 11. |  |

