

Curriculum Overview – Year 10

GCSE Food Preparation and Nutrition: Year 10 (Year 1 of a 2-Yr SOW with the AQA Exam Board)

Sequencing of topics	What knowledge will students develop? (Including key terminology)	What skills will students develop? (Including literacy & numeracy)	Assessment opportunities	Homework opportunities	Personal development (Ursuline Values, Catholic Social Teaching, Cultural Capital, Cross curricular, Careers)	Curriculum links
	Food preparation skills – general practical skills, knife skills, use of the cooker, use of equipment, cooking methods, sauce making, dough making, marinating, using raising agents, setting mixtures	Practical skills Numeracy skills in weighing and measuring	Self-reflection in evaluation Teacher feedback for improvement	Evaluation and self-reflection of skills	Resilience, risk taking	Links to KS3 curriculum for practical skills
	Food Nutrition and Health Macronutrients Micronutrients Water and hydration Fibre Making informed choices for a varied and balanced diet Energy needs How to carry out nutritional analysis Diet, nutrition and health	Understanding the role of nutrients in a healthy diet Maintaining healthy hydration The role of fibre in health	Exam style questions for practice Links to practice coursework tasks	Research tasks Exam style questions	Healthy lifestyle choices -	

	<p>Food science</p> <p>Why food is cooked and how heat is transferred to food</p> <p>Selecting appropriate cooking methods</p> <p>Functional and chemical properties of food</p>	<p>Understanding the chemical and functional properties of ingredients and how they affect food when cooked or prepared</p>	<p>Exam style questions</p> <p>Research opportunities linked to coursework</p>			
	<p>Food safety</p> <p>Food spoilage and contamination</p> <p>Microorganisms in food production</p> <p>Principles of food safety</p>	<p>The ways that food can become unsafe to eat and prevention of food spoilage</p> <p>How microorganisms can be used safely in the making of some foods</p>	<p>Exam style questions</p> <p>Research opportunities for NEA work</p>		<p>Food waste and minimising food waste</p>	
	<p>Food choice</p> <p>Factors affecting food choice</p> <p>Food labelling and marketing influences</p> <p>British and international cuisines</p>	<p>The factors that affect the food choices we make including external factors such as labelling and advertising</p>	<p>Exam, style questions</p> <p>Using information to design recipes and menus</p>		<p>Religious and cultural choices in food</p> <p>Looking at food from a range of cultural perspectives.</p>	
	<p>Food provenance</p> <p>Environmental impact and sustainability of food</p> <p>Food processing and production</p> <p>Technological developments associated with better health and food production</p>	<p>To understand where our food comes from, how it is grown, reared or caught.</p> <p>Environmental effects of food production</p>	<p>Exam style questions for practice</p>		<p>Fair trade and sustainable food sources</p> <p>Food security and poverty</p> <p>Grateful and generous – understanding how our choices affect others</p>	

