



Year 10 Spring Learning Journey

Prior Learning

In Year 10, you have begun exploring commodities, food processing, and nutrition, while also honing essential cooking skills.

Scheme of Learning: Food Provenance and Food Science

Objectives:

KNOWLEDGE: We will understand why we need to eat healthy and the importance of understanding our food and the dietary impacts of not eating healthily.

SKILLS: I will develop a variety of technical cooking skills in preparation for GCSE food exam in year 11 including the rubbing in method, making short pastry etc.

Week	Tasks	Literacy	Homework	✓
1	<ul style="list-style-type: none"> Theory: Dietary needs for different stages of life FOOD SCIENCE - Plasticity PRACTICAL – Shortcrust pastry (Quiche) 	Energy balance Protein Fat Carbohydrates Vitamins/minerals	INGREDIENTS Quiche Homework 9 – Dietary needs	
2	<ul style="list-style-type: none"> Theory: Factors influencing food choice FOOD SCIENCE - Aeration PRACTICAL – Whisked sponge (Mini chocolate gateaux) 	Cost Enjoyment Seasonality Availability Medical reasons	INGREDIENTS Mini chocolate gateaux Homework 10 – Factors	
3	<ul style="list-style-type: none"> Theory: Consumer information, food labelling, marketing PRACTICAL – Flaky pastry (Parma ham Palmiers) 	Allergen Origin Manufacturer Nutritional labelling Pre-packed	INGREDIENTS Flaky pastry (Parma ham Palmiers) Homework 11 – Food labels	
4	<ul style="list-style-type: none"> Theory: Ethical and moral beliefs: PRACTICAL – Shortcrust pastry (Apple Galette) Practical assessment point 	Animal welfare Local produce Organic food Vegetarians Lacto-ovo Vegan	INGREDIENTS Apple Galette Homework 12 – Ethical & moral beliefs	
5	<ul style="list-style-type: none"> Theory: Ethical and moral beliefs: PRACTICAL – Fresh Pasta (Lasagne) 	Animal welfare Local produce Organic food Vegetarians Lacto-ovo	INGREDIENTS Lasagne Homework 13 – Ethical & moral	
6	<ul style="list-style-type: none"> Theory: Recognise traditional ingredients and cooking methods, presentation and eating patterns PRACTICAL – Fresh Pasta Gnocchi 	Regional Multicultural Cuisine Gluten Pasta machine	INGREDIENTS Gnocchi Homework 14 – British and international cuisine	
7	<ul style="list-style-type: none"> The importance of a healthy diet: starchy foods and carbohydrates. FOOD SCIENCE - Emulsification PRACTICAL – (Mayonnaise with chicken goujons) 	Raising agent Yeast Carbohydrates Fibre Energy	INGREDIENTS Mayonnaise with chicken goujons Homework 15 – Carbohydrates	
8	Diet-related diseases and conditions <ul style="list-style-type: none"> End of topic assessment to assess prior knowledge 	Obesity Weight loss Type 2 diabetes CHD	INGREDIENTS Viennese fingers	
9	<ul style="list-style-type: none"> CLOSING THE GAP PRACTICAL – Viennese fingers Practical assessment point 2 	Animal welfare Local produce Organic food		



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		Multicultural		
Half Term				
10	<ul style="list-style-type: none"> The main factors that influence energy requirements Basal metabolic rate (BMR) and physical activity level (PAL) FOOD SCIENCE - Acids and alkalis PRACTICAL – Sticky toffee pudding Practical assessment point 2 	Gender Life stage, Pregnancy Weight, Occupation Lifestyle	INGREDIENTS Sticky toffee pudding & custard	
11	<ul style="list-style-type: none"> Food sources and how they are grown: cereals Primary and Secondary process: How wheat is milled and How flour is used to produce bread and pasta PRACTICAL – Blueberry muffins with crumble topping 	Milling Processing Endosperm Bran Germ	INGREDIENTS Blueberry muffins with crumble topping	
12	<ul style="list-style-type: none"> The importance of a healthy diet: milk and dairy foods, fat. FOOD SCIENCE – Coagulation PRACTICAL – Panna Cotta 	Saturated fats Unsaturated fats Vitamins A,D,E,K Colesterol Trans Fats Hydrogenation	INGREDIENTS Panna Cotta	
13	<ul style="list-style-type: none"> Types and structure: fats and oils Fat sources: Animal and vegetable: visible and invisible FOOD SCIENCE – Gelatinisation PRACTICAL – Elevated Macaroni cheese 	Saturated fats Unsaturated fats Vitamins A,D,E,K Cholesterol Trans Fats Hydrogenation	INGREDIENTS Elevated Macaroni cheese	
14	<ul style="list-style-type: none"> Primary & secondary processes: Heat treatment of milk. PRACTICAL – Lemon posset and biscuits 	Homogenised Pasteurised Ultra-Heat Treated Sterilised Evaporated Condensed	INGREDIENTS Lemon posset and biscuits	
15	<ul style="list-style-type: none"> The reasons why food is cooked. Heat transfer through cooking methods PRACTICAL – Baked cheesecake 	Palatability Conduction Convection Heat transfer	INGREDIENTS Baked cheesecake	
16	<ul style="list-style-type: none"> Controlled atmosphere packaging (CAP)/modified atmosphere packaging (MAP) and vacuum packing and vacuum packing End of topic assessment to assess prior knowledge PRACTICAL – Lemon meringue pie 	Manufacturer Batch Labelling Pre-packed	INGREDIENTS Lemon meringue pie	
17	<ul style="list-style-type: none"> CLOSING THE GAP PRACTICAL – Lemon meringue pie Practical assessment point 2 	Meringue Coagulation Pastry	INGREDIENTS Lemon meringue pie	