



## Year 10 Autumn Learning Journey

### Prior Learning

In Year 9 you began to learn and practice some of the essential skills for GCSE food such as pastry making when making jam tarts, finessing your presentation techniques for cheesecake and using more technical equipment such as electric whisks. Your journey so far has been made up by three rotations, one in year 7, one in year 8 and one in year 9 each year slowly building up your skill set ready for GCSE food.

### Scheme of Learning:

**Introduction to GCSE Food**

### 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	RAG
1	<ul style="list-style-type: none"> <li>Welcome to GCSE – Breakdown of the specification</li> <li>Learning vegetable cuts</li> <li>Theory: Recap Health &amp; safety</li> </ul>	Julienne Baton Brunoise Mirepoix Baton	<b>HOMEWORK 1 – Health and Safety</b>  <b>INGREDIENTS</b> <i>Vegetable Fajitas</i>	
2	<ul style="list-style-type: none"> <li><b>PRACTICAL – Fajitas</b></li> <li>Theory: Introduction to Eatwell guide and healthy eating</li> </ul>	Julienne Macronutriments Micronutriments Eatwell Guide	<b>HOMEWORK 2 – Health and Safety</b>  <b>INGREDIENTS – school will supply spring roll ingredients</b>	
3	<ul style="list-style-type: none"> <li><b>PRACTICAL – Spring rolls</b></li> <li><b>Practical assessment 1 - Marking point 1</b></li> <li>Food science – Enzymic browning.</li> </ul>	Eat well guide Water soluble Vitamins Minerals	<b>HOMEWORK 3 – Food Science</b>  <b>INGREDIENTS</b> <i>Carrot cake</i>	
4	<ul style="list-style-type: none"> <li><b>PRACTICAL – Carrot cake</b></li> <li>Theory: Health eating continued Vitamins</li> </ul>	Eat well guide vitamins Creaming method Piping	<b>HOMEWORK 4 – Nutrition</b>  <b>INGREDIENTS</b> <i>Meatballs and tomato sauce</i>	
5	<ul style="list-style-type: none"> <li><b>PRACTICAL – Meatballs &amp; tomato sauce</b></li> <li>Theory: Health eating continued Vitamins continued</li> </ul>	Shaping Reduction Micronutrients	<b>HOMEWORK 5 – Nutrition</b>  <b>INGREDIENTS</b> <i>Chicken Madras</i>	
6	<ul style="list-style-type: none"> <li><b>PRACTICAL – Chicken Madras and homemade Naan Bread</b></li> <li>Theory: Health eating continued Minerals</li> </ul>	Knead Prove Low fat Low sugar	<b>HOMEWORK 6 – Nutrition/healthy eating</b>	
7	<ul style="list-style-type: none"> <li>Theory: Theory: Nutrition (water)</li> <li>Exam practice (12 marks style question)</li> <li><b>End of topic Assessment</b></li> </ul>	Function Sources Vitamins Minerals Water	<b>HOMEWORK 7 – Revision for End of topic assessment</b>	
8	<ul style="list-style-type: none"> <li><b>CTG task</b></li> <li>Theory: Classification of fruits and vegetables (Taste testing activity)</li> <li>Food sources and how they are grown</li> <li>Preservation methods</li> </ul>	Dried Canned Organic Sensory analysis Food miles Carbon footprint	<b>HOMEWORK 8 – Commodities Fruit/vegetables</b>  <b>INGREDIENTS</b> <i>Scones &amp; jam</i>	



## Year 10 Autumn Learning Journey

Half Term				
9	<ul style="list-style-type: none"> <li><b>PRACTICAL – Scones &amp; Homemade fruit Jam</b></li> <li>Food science – Raising agents (acids &amp; alkalis)</li> </ul>	Rubbing in Chemical Physical Raising agents Preservation	<b>HOMEWORK 9 –</b> Understanding Raising Agents  <b>INGREDIENTS</b> <i>Bakewell Tart</i>	
10	<ul style="list-style-type: none"> <li><b>PRACTICAL – Bakewell Tart</b></li> <li>Theory: Where they are grown: organic and non-organic farming</li> <li>Advantages and disadvantages of locally produced and seasonal foods</li> </ul>	Pastry Rubbing in method Blind baking Food miles Carbon footprint	<b>HOMEWORK 10- Pastry &amp; Dough</b>  <b>INGREDIENTS</b> <i>Focaccia</i>	
11	<ul style="list-style-type: none"> <li><b>PRACTICAL – Focaccia bread</b> Practical Assessment 2 - Marking point 2</li> <li>Food science – Yeast</li> <li>Theory: Wheat Processing (Primary &amp; secondary processing)</li> </ul>	Raising agent Yeast Carbohydrates Fibre Energy	<b>HOMEWORK 11 - Raising Agents</b>  <b>INGREDIENTS</b> <i>Cottage pie</i>	
12	<ul style="list-style-type: none"> <li><b>PRACTICAL – Cottage pie</b></li> <li>Theory: Types and functions of starch</li> <li>Food sources and how they are grown: cereals</li> </ul>	Carbohydrates Fibre Energy Micronutrients	<b>HOMEWORK 12 -</b> Commodities carbohydrates	
13	<ul style="list-style-type: none"> <li>Theory: Energy requirements</li> <li>The main factors that influence an individual's energy requirements</li> <li>Exam practice (12 marks style question)</li> </ul>	Energy Gender Age Occupation	<b>HOMEWORK 13 - Revision for</b> End of topic assessment  <b>INGREDIENTS</b> <i>Quiche</i>	
14	<ul style="list-style-type: none"> <li><b>PRACTICAL – Mini Quiche</b></li> <li>End of Unit TEST</li> </ul>	Nutrition Micronutrients Minerals Water	<b>HOMEWORK 14 – Pastry &amp; Dough</b>  <b>INGREDIENTS</b> <i>Christmas Bake</i>	
15	<ul style="list-style-type: none"> <li>Practical –Christmas baking</li> <li>CLOSING THE GAP</li> </ul>	Festival Traditional British	<b>HOMEWORK 15 – End of topic recap</b>	