



How does this unit link to 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.

What will you be learning about?	How does this link to the wider curriculum?
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.	The Food & Nutrition curriculum supports British Values by encouraging teamwork and decision-making (democracy), following food safety rules (rule of law), developing independence through cooking (individual liberty), respecting others in practical work (mutual respect), and understanding diverse diets and cultures (tolerance).

We will develop our learning each week by focusing on:

1. Welcome to GCSE – Breakdown of the specification Theory: Recap Health & safety PRACTICAL – Learning vegetable cuts	RAG	7. Theory: Nutrition (water) Exam practice (12 marks style question) End of topic Assessment CTG task	RAG
2. Theory: Introduction to Eatwell guide and healthy eating PRACTICAL – Fajitas		8. Theory: Classification of fruits and vegetables (Taste testing activity) Food sources and how they are grown & Preservation methods	
3. Food science – Enzymic browning. PRACTICAL – Spring rolls Practical assessment 1 - Marking point 1		9. Food science – Raising agents (acids & alkalis) PRACTICAL – Scones & Homemade fruit Jam	
4. Theory: Health eating continued Vitamins PRACTICAL – Carrot cake		10. Theory: Where they are grown: organic and non-organic farming PRACTICAL – Bakewell Tart	
5. Theory: Health eating continued Vitamins continued PRACTICAL – Meatballs & tomato sauce		11. Theory: Wheat Processing (Primary & secondary processing). Food science – Yeast PRACTICAL – Focaccia bread Practical Assessment 2 - Marking point 2	
6. Theory: Theory: Health eating continued Minerals PRACTICAL – Chicken Madras and homemade Naan Bread		12. Theory: Types and functions of starch. Food sources and how they are grown: cereals PRACTICAL – Cottage pie	

Key vocabulary

Blind baking	Protein	Fat	Carbohydrates	Vitamins	Micro-nutriments	Sensory analysis	Water	Eat well guide	Allergen
Julienne	Baton	Rubbing in method	Brunoise	Knead	Macro-nutriments	Mirepoix	Raising agents	HBV LBV	Coagulation

How will this help you in the future?

KS4	Beyond LHS
Builds strong practical cooking skills for GCSE assessments and improves understanding of food science concepts and nutrition and healthy eating.	Provides essential life skills for independent living (meal planning, budgeting, cooking). Supports careers in hospitality, catering, nutrition, and food technology.