



Year 10 Spring Learning Journey for Food & Nutrition

How does this unit link to prior learning?

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

What will you be learning about?

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.

We will develop our learning each week by focusing on:

1. Theory: Dietary needs for different stages of life FOOD SCIENCE – Plasticity PRACTICAL – Shortcrust pastry (Quiche)	RAG	7. Theory: The importance of protein FOOD SCIENCE – Emulsification PRACTICAL – (Mayonnaise with chicken goujons)	RAG
2. Theory: Factors influencing food choice FOOD SCIENCE - Aeration PRACTICAL – Whisked sponge (Mini chocolate gateaux)		8. Theory: Diet-related diseases and conditions PRACTICAL – Viennese fingers Practical assessment point 2	
3. Theory: Consumer information, food labelling, marketing PRACTICAL – Flaky pastry (Parma ham Palmiers)		9. Theory: The importance of fat. FOOD SCIENCE – Gelatinisation PRACTICAL – Elevated Macaroni cheese	
4. Theory: Ethical and moral beliefs PRACTICAL – Shortcrust pastry (Apple Galette) Practical assessment point 1		10. FOOD SCIENCE - Acids and alkalis PRACTICAL – Sticky toffee pudding	
5. Theory: Ethical and moral beliefs PRACTICAL – Fresh Pasta (Lasagne)		11. PRACTICAL – Blueberry muffins with crumble topping End of topic assessment to assess prior knowledge CLOSING THE GAP	
6. Theory: Recognise traditional ingredients and cooking methods, presentation and eating patterns PRACTICAL – Fresh Pasta Gnocchi		12. The importance of a healthy diet: milk and dairy foods, fat. FOOD SCIENCE – Coagulation PRACTICAL – Panna Cotta	

Key vocabulary

Energy balance	Protein	Fat	Carbohydrates	Vitamins	Minerals	Seasonality	Availability	Medical reasons	Allergen
Vegetarian	Vegan	Organic	Regional	Obesity	Type 2 diabetes	Cholesterol	Chemical raising	HBV LBV	Coagulation

How will this help you in the future?

KS4

Builds strong practical cooking skills for GCSE assessments and improves understanding of food science concepts and nutrition and healthy eating.

Beyond LHS

Provides essential life skills for independent living (meal planning, budgeting, cooking). Supports careers in hospitality, catering, nutrition, and food technology.



(Autumn) Learning Journey for (subject here)

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How does this unit link to prior learning?

What will you be learning about?

We will develop our learning each week by focusing on:

<u>1.</u> (Key learning topic here)	Skills	RAG
<u>2.</u> (Key learning topic here)		
<u>3.</u> (Key learning topic here)		
<u>4.</u> (Key learning topic here)		
<u>5.</u> (Key learning topic here)		
<u>6.</u> (Key learning topic here)		

Key vocabulary

How will this help you in the future?

KS4

Beyond LHS

