

## Medium Term Planning Document: GCSE Food Preparation and Nutrition Year 10 2024-25

### Curriculum Intent:

KS4 food preparation and nutrition is an exciting and creative course, focusing on nurturing students' practical cookery skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials.

Students develop a better understanding of where their food comes from and how our food choices are influenced by lifestyle, diet, cost, culture, religion, environmental factors and animal welfare.

Students learn how ingredients work. What happens during preparation and cooking processes when ingredients are combined in different conditions.

Students learn a wide variety of practical skills that will provide them with the ability to cook food from scratch and adapt existing recipes to suit their own dietary preferences.

Students are exposed to what possible post 16 pathways and career opportunities studying GCSE Food Preparation and Nutrition could lead them to.

### 'Why This, Why Now?'

At KS4 students learn in greater depth the five core topic areas of Food, Nutrition and Health, Food Science, Food Safety, Food Choice and Food Provenance.

Year 10 students start off studying food safety. This is to ensure that the principles of food safety are embedded and students understand how to buy and store food safely and the food safety principles when preparing, cooking and serving food.

Students then go on to study Food, Nutrition and Health in greater depth to build on their KS3 foundation and gain further insight into the functions and sources of macronutrients and micronutrients along with nutritional needs and health.

Students learn about the factors that may influence food choice. They will consider how cultural, moral and social, and religious beliefs can impact the choices we make and how medical conditions can also play a role in our diet. They will study how food labelling and marketing is used to influence food choice along with sensory factors.

Students study British and International Cuisines and develop an awareness of food in the wider world.

Students then study where and how ingredients are caught, reared and grown, environmental issues associated with food and the impact of food and food security on local and global markets and communities.

Along with developing their understanding of food provenance, students are also taught the primary and secondary stages of processing and production and how processing affects sensory and nutritional properties of ingredients.

The topic of Food Science is taught last in Year 10. This has been sequenced so pupils are ready for their Food Investigation NEA which is released in September of Year 11.

Throughout Year 10, Students complete preparation and making activities. These activities connect to their theory lessons and enable students to apply their understanding of food and nutrition to practical preparation.

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The Medium Term Planning document below is designed to show the journey that every student takes through our curriculum. Some elements of the curriculum may be taught over several lessons, others in a single lesson.

GCSE FPN	Year 10 – Half Term 1		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Food Safety	<b>Food spoilage and contamination:</b>		
	<ul style="list-style-type: none"> <li>Micro-organisms and enzymes</li> </ul>	Bell work	<a href="#">Food Safety JRI 2022.pptx</a>
	<b>Key Words:</b> micro-organisms, food spoilage, contaminate, pathogenic, food poisoning, high-risk foods, perishable foods, enzyme, catalyst		
	<ul style="list-style-type: none"> <li>The signs of food spoilage</li> </ul>	Bell work	<a href="#">Food Safety JRI 2022.pptx</a>
	<b>Key Words:</b> ripening, enzymic browning, oxidation, germinate		
	<ul style="list-style-type: none"> <li>Micro-organisms in food production</li> </ul>	Bell work	<a href="#">Food Safety JRI 2022.pptx</a>
	<b>Key Words:</b> Pathogenic, non-pathogenic, pasteurisation, homogenised		
	<ul style="list-style-type: none"> <li>Bacterial contamination</li> </ul>	Bell work	<a href="#">Food Safety JRI 2022.pptx</a>
	<b>Key Words:</b> Danger zone, spore, germinate, contamination, cross-contamination		
	<b>Principles of food safety:</b>		
	<ul style="list-style-type: none"> <li>Buying and storing food</li> </ul>	Bell work	<a href="#">Food Safety JRI 2022.pptx</a>
	<b>Key Words:</b> shelf-life, use-by date, best before date, ambient, tainted		
	<ul style="list-style-type: none"> <li>Preparing, cooking and serving food</li> </ul>	Bell work	<a href="#">Food Safety JRI 2022.pptx</a>
	<b>Key Words:</b> personal hygiene, core temperature,		

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GCSE FPN	Year 10 – Half Term 2		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Food, Nutrition and Health	<b>Nutrients:</b>		
	<ul style="list-style-type: none"> <li>Protein</li> </ul>	Bell work	<a href="#">Find-It-Stations protein.pptx</a> <a href="#">Proteins-Lesson-PP (1).pptx</a>
	<b>Key Words:</b> amino acids, essential amino acids, biological value, protein complementation		
	<ul style="list-style-type: none"> <li>Fats</li> </ul>	Bell work	<a href="#">Find-It-Stations-Fats.pptx</a> <a href="#">Fats-Lesson-PP JRI (1).pptx</a>
	<b>Key Words:</b> fat, oils, fatty acids, triglyceride, monounsaturated fat, saturated fatty acids, unsaturated fatty acids, visible fats, invisible fats		
	<ul style="list-style-type: none"> <li>Carbohydrates</li> </ul>	Bell work	<a href="#">Find-It-Stations-carbohydrates.pptx</a> <a href="#">Carbohydrates-Lesson-PP.pptx</a>
	<b>Key Words:</b> photosynthesis, sugars, monosaccharides, disaccharides, polysaccharides (complex carbohydrates)		
	<ul style="list-style-type: none"> <li>Vitamins</li> </ul>	Bell work	<a href="#">Vitamins-Lesson JRI 1.pptx</a> <a href="#">Expert-It-Stations vitamins JRI.pptx</a>
	<b>Key Words:</b> fat soluble, water soluble		
	<ul style="list-style-type: none"> <li>Minerals</li> </ul>	Bell work	<a href="#">Expert-It-Stations - minerals.pptx</a>
	<b>Key Words:</b>		
	<ul style="list-style-type: none"> <li>Water</li> </ul>	Bell work	
	<b>Key Words:</b> hydrated, dehydrated		

GCSE FPN	Year 10 – Half Term 3		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Food, Nutrition and Health	<b>Nutritional needs and health:</b>		
	<ul style="list-style-type: none"> <li>Making informed choices for a varied and balanced diet</li> </ul>	Bell work	
	<b>Key Words:</b> healthy balanced diet, diet, lacto-vegetarian, life stages,		
	<ul style="list-style-type: none"> <li>Energy needs</li> </ul>	Bell work	<a href="#">Energy-Needs-PP JRI.pptx</a>
	<b>Key Words:</b> kilocalorie (kcal), kilojoules (kJ), energy dense, BMR, PAL, energy balance		
	<ul style="list-style-type: none"> <li>How to carry out nutritional analysis</li> </ul>	Bell work	<a href="#">Nutritional-Analysis JRI.pptx</a>
	<b>Key Words:</b> modify, nutrient profile,		
<ul style="list-style-type: none"> <li>Diet, nutrition and health</li> </ul>	Bell work	<a href="#">DIET N-1.PPT</a>	
<b>Key Words:</b> risk factor, malnutrition, diet-related disease			

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GCSE FPN	Year 10 – Half Term 4		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Food Choice	<b>Factors affecting food choice:</b>		
	<ul style="list-style-type: none"> <li>Factors that influence food choice</li> </ul>	Bell work	<a href="#">Lesson-1 Influences on Food Choice JRI.pptx</a>
	<b>Key Words:</b> lifestyle, seasonality, food miles		
	<ul style="list-style-type: none"> <li>Food choices</li> </ul>	Bell work	<a href="#">Lesson 2 Factors-Influencing Food Choice Religious &amp; cultural JRI.pptx</a>
	<b>Key Words:</b> food intolerance, food allergy		
	<ul style="list-style-type: none"> <li>Food labelling and marketing influences</li> </ul>	Bell work	<a href="#">Lesson-3 and 4---Additional-Factors.pptx</a>
	<b>Key Words:</b> target group, nutritional profile, marketing		
	<b>British and International cuisines</b>		
	<ul style="list-style-type: none"> <li>Traditional dishes</li> </ul>	Bell work	<a href="#">Lesson-5 British-and-International-Cuisines.pptx</a>
	<b>Key Words:</b> cuisine		
	<ul style="list-style-type: none"> <li>Sensory Testing</li> </ul>	Bell work	<a href="#">Lesson-6 Sensory evaluation.pptx</a>
	<b>Key Words:</b> senses, appetising,		

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GCSE FPN	Year 10 – Half Term 5		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Food Provenance	<b>Environmental impact and sustainability:</b>		
	<ul style="list-style-type: none"> <li>Food sources</li> </ul>	Bell work	<a href="#">Sources-of-Food-pupil-workbook.docx</a> <a href="#">Lesson 1 FPN GCSE-Food-Provenance JRI.pptx</a>
	<b>Key Words:</b> food provenance, pesticides, grown ingredients, reared ingredients, gathered ingredients, caught ingredients, intensive farming, organic farming, genetic modification (GM)		
	<ul style="list-style-type: none"> <li>Food and the environment</li> </ul>	Bell work	<a href="#">Lesson 2 FPN GCSE-Environmental Issues JRI.pptx</a>
	<b>Key Words:</b> climate change, greenhouse gases, non-renewable energy, fossil fuels		
	<ul style="list-style-type: none"> <li>Sustainability of food</li> </ul>	Bell work	<a href="#">Environmental Impact and Sustainability.docx</a>
	<b>Key Words:</b> food security, sustainability, Fairtrade		
Food Provenance	<b>Processing and production:</b>		
	<ul style="list-style-type: none"> <li>Food production</li> </ul>	Bell work	<a href="#">Processing and Production.docx</a>
	<b>Key Words:</b> primary food processing, secondary food processing, milling		
	<ul style="list-style-type: none"> <li>Technological developments associated with better health and food production</li> </ul>	Bell work	<a href="#">Lesson-5---Technological-Developments JRI 1.pptx</a>
<b>Key Words:</b> nutritional modification, fortification, food additives			

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GCSE FPN	Year 10 – Half Term 6		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Food Science	<b>Cooking of food and heat transfer</b>		
	<ul style="list-style-type: none"> <li>Why food is cooked and how heat is transferred to food</li> </ul>		<a href="#">Cooking of food and heat transfer.pptx</a>
	<b>Key Words:</b> heat transfer, conduction, convection, radiation, high-risk foods		
	<ul style="list-style-type: none"> <li>Selecting appropriate cooking methods</li> </ul>		
	<b>Key Words:</b> sensory qualities, palatability		
Food Science	<b>Functional and chemical properties of food:</b>		
	<ul style="list-style-type: none"> <li>Proteins</li> </ul>		<a href="#">proteins-ppt-1416cdocx.pptx</a>
	<b>Key Words:</b> chemical bonds, denaturation, coagulation		
	<ul style="list-style-type: none"> <li>Carbohydrates</li> </ul>		<a href="#">carbohydrates-ppt-1416cdocx.pptx</a>
	<b>Key Words:</b> gelatinisation, dextrinization, caramelisation		
	<ul style="list-style-type: none"> <li>Fats and Oils</li> </ul>		<a href="#">fats-ppt-1416cdocx.pptx</a>
	<b>Key Words:</b> plasticity, shortening, aeration, emulsification		
Mock NEA 1	Introduction to the Food Investigation Task		
	Practice NEA 1		

### Summative Assessment:

End of topic assessments take place at the end of each topic. These assessments inform reporting home and teacher planning.

Pupil End of Year Assessments will take place at beginning of Term 6. These will cover all content taught in half terms 1-5. This assessment will inform pupil Rank Order in the subject. There is an expectation that staff will work with pupils to improve knowledge in areas of weakness identified in the summative assessments. This may include in school and out of school intervention, and collaborative and independent study.



