

# Long Term Plan: Food and Nutrition Year 10



Term 1	W/B 10/09	W/B 17/09	W/B 24/09	W/B 01/10	W/B 08/10	W/B 15/10	W/B 29/10	W/B 05/11	W/B 12/11	W/B 19/11	W/B 26/11	W/B 03/12	W/B 10/12	W/B 17/12
	Cooking Methods	Cooking Methods	Cooking Methods	Cooking Methods	Cooking Methods	Assessment	Cooking Methods	Cooking Methods	Cooking Methods	Cooking Methods	Cooking Methods	Properties of food	Properties of food	Assessment
	Conduction convection and radiation	Practical- egg experiments	Effect of heat on proteins	Practical- Chocolate Muffins	Dry methods of cooking	Test	Feedforward. Practical- Treacle Tart	Dry Cooking methods	Practical- Roast Vegetables	Wet cooking methods	Practical- Poached Pears	Changing properties of carbohydrate e.g dextrinization	Changing properties of proteins e.g coagulation	Test
Term 2	W/B 31/12	W/B 07/01	W/B 14/01	W/B 21/01	W/B 28/01	W/B 04/02	W/B 11/02	W/B 25/02	W/B 04/03	W/B 11/03	W/B 18/03	W/B 25/03	W/B 01/04	W/B 08/04
	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Assessment	NEA 2 Trial	NEA 2	NEA 2	NEA 2	NEA 2	NEA 2	NEA 2	Assessment
	Feedforward. Review of main functions of nutrients	Functions of protein. Practical- Quiche	Functions of carbohydrate and chemical make up	Practical- Spaghetti and Meatballs	Functions of fats and chemical make up. Practical- Chilled Cheesecake	Test	Plan, prepare, cook and present a range of dishes that include fruit and vegetables	Research the Eat Well Guide and select appropriate dishes for the brief	Select 4 dishes that could be cooked. Reasons for choice.	Practical- chosen dish timed	Practical- chosen dish timed	Sensory analysis. Nutritional profile	Analysis of results. Conclusion	Test
Term 3	W/B 29/04	Practical- egg	W/B 13/05	W/B 20/05	W/B 03/06	W/B 10/06	W/B 17/06	W/B 24/06	W/B 01/07	W/B 08/07	W/B 15/07			
	Food contamination	Food contamination	Food contamination	Food contamination	Food contamination	Assessment	NEA 1 Trial	NEA 1	NEA 1	NEA 1	NEA 1			
	Feedforward. Food contamination and food poisoning	Practical- Banana Bread	Enzymes and microorganisms	Practical- Frittata	Moulds and yeasts	Test	Feedforward. Investigate the ingredients in pastry and their impact on flavour and texture	Research and hypothesis to investigate	Practical- investigation 1	Practical- investigations 2 and 3	Results and conclusions			

For information on assessments see additional assessment guidance  
 Feed forward Session