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| **Subject: Food and Nutrition** |
| **Year:10** |
| Half -Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Themes/Content/A can of a product  Description automatically generated with medium confidenceUnits covered | Developing our knowledge of bacteria, food storage and seasonal foodsLearning about fruits and vegetablesLearning about dairy productsCooking dishes that use fruits and vegetables Creating dishes that use dairy productsImproving our food science knowledge linked to commodities | Learning about oils, fats and sugarsCooking dishes that use fats and sugarsDeveloping our knowledge of core practical skills and cooking techniquesLearning about seasonal food traditions in the UK and creating a range of seasonal Christmas dishesDeveloping a knowledge of different methods of heat transfer | Learning about a wide variety of cerealsLearning to make bread and develop our skills in proving and shapingCooking a wide variety of cereal based dishesWorking together to help each other in practical lessons | Learning about meat, fish, poultry and eggsLearning to cook with meat, fish, poultry and eggsLearning to joint a chicken, portion it and how to cook it in different ways. Developing our understanding of farming to include organic farming, fair tradeDeveloping technical skills including choux pastry and pasta | Developing a knowledge of beans, nuts, seeds and alternative proteinsDeveloping our knowledge of British and International dishesDevelopment of core theory knowledge  | Developing our understanding of the NEA requirementsPracticing a food science investigation and learning about enzymic browningDeveloping food presentation skills in particular food styling |