




Subject: Food and Nutrition

Year:10

Half -Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Themes/ Content/ Units covered 	Developing our knowledge of bacteria, food storage and seasonal foods Learning about fruits and vegetables Learning about dairy products Cooking dishes that use fruits and vegetables Creating dishes that use dairy products Improving our food science knowledge linked to commodities	Learning about oils, fats and sugars Cooking dishes that use fats and sugars Developing our knowledge of core practical skills and cooking techniques Learning about seasonal food traditions in the UK and creating a range of seasonal Christmas dishes Developing a knowledge of different methods of heat transfer	Learning about a wide variety of cereals Learning to make bread and develop our skills in proving and shaping Cooking a wide variety of cereal based dishes Working together to help each other in practical lessons	Learning about meat, fish, poultry and Learning to cook with meat, fish, poultry and eggs Learning to joint a chicken, portion it and how to cook it in different ways Developing our understanding of farming to include organic farming, fair trade Developing technical skills including choux pastry and pasta	Developing a knowledge of beans, nuts, seeds and alternative proteins Developing our knowledge of British and International dishes Development of core theory knowledge	Developing our understanding of the NEA requirements Practicing a food science investigation and learning about enzymic browning Developing food presentation skills in particular food styling