



# Y10 FOOD - CURRICULUM PLANNING SEQUENCE

Subject	Year	Term	Big Ideas	Topics	Subject Learning Checklist
Food preparation and nutrition	Year 10	Term 1 - 35	Introduction of course. Using the 12 skills in the task assessment	Introduction to the course	1.1 why choose AQA 2.1 subject content
				3.1 General skills	3.1 General skills . Going through the 12 skills. This will be covered in all the skill 1 - general skills - practical skill 2 - knife skills- practical that will show filleting and portion out a chicken and fillet a fish. There will be practicals to show skill 9 along side skills 3 - preparing fruit and vegetables - practicals 3.3.2.4 - fruit and vegetables
				3.3 Different ways of cooking 3.2 specialist equipment and 3.4 Cooking methods/ prepare and shape	skills 6 - cooking methods - practicals 3.3.1.1 - cooking food and heat transfer - 3.3.1.2 -selecting cooking methods skills 5- use of equipment - practicals to show the use of different types of equipment skills 8- sauce making - practicals 3.3.2.2. carbohydrate.3.3.2.3 fats and oils 3.3.2 - functional and chemical properties of food 3.4.1. food spoilage and contamination-this falls within the lessons
		Term 2 - 30	skills for the assessment tasks. Practice assessment task	3.1 General skills and 3.5 Sensory evaluating	skills 10 - making dough pastry- finishing and shaping - practicals skill 9 - tenderising and marinating food. - practicals 3.5.3 - sensory evaluating skills 10 - making dough bread- finishing and shaping - practicals 3.3.2.5 raising agents Skill 11 raising agents - practicals to follow skill 12 - setting mixture = practicals to follow
				Practice assessment task in pairs 4.1 and 4.2- 4.3.5	3.2.3.1 - nutritional needs and health 3.2.3.2 - energy needs 3.4.2.1 - buying and storing food 3.6.1.1 - food sources 3.6.1.2 - food and the environment 3.4.2.2. - preparing, cooking and serving food 3.5.1.1 - factors affecting food choice 3.5.1.2.- food choices 3.5.2 - british and international cuisines
		Term 3 - 30	practical afternoon tea assessment	Food preparation task 2 - 4.3.6	All 12 skills needs to be incorporated into the assessment 3.2.3.1 - nutritional needs and health 3.2.3.2 - energy needs 3.4.2.1 - buying and storing food 3.6.1.1 - food sources 3.6.1.2 - food and the environment 3.4.2.2. - preparing, cooking and serving food 3.5.1.1 - factors affecting food choice 3.5.1.2.- food choices 3.5.2 - british and international cuisines