

## Year 10 Food Preparation and Nutrition Overview

Practical	Practical Skills	Knowledge and Understanding
Herby Vegetable Crumble Stir Fry Pineapple Upside down cake Lamb and Apricot Stew NEA 1 type task - enzymic browning	Vegetable preparation - different cuts Knife skills Handling raw meat Cake making	Food Commodities - Fruit and Vegetables. Classification, farming, storage, enzymic browning seasonality, changes in cooking Healthy Diets
Shepherds/chicken Pie Spicy couscous Butterfly Chicken NEA 1 type task - tenderising meat	Mashing Assembly Vegetable preparation Boning Chicken Handling raw meat Tenderising	Food Commodities - Meat and Poultry Types and cuts Structure - cooking and tenderising of meat Nutritional Value Hygienic handling and preparation of meat Rearing - intensive v organic
Fish Stack Fillet a fish	Filleting Vegetable preparation	Food Commodities - Fish Classification Buying and Storing Nutritional value - dietary advice Caught food - fish farms, sustainable food Filleting Fish
Quorn Chilli Lentil Dahl	Use of Protein Alternatives Use of pulses Use of spice	Food Commodities - alternative protein Food (soya, tofu, mycoprotein, beans, pulses, seeds and nuts) Protein types and complementation - nutritional value Provenance Allergies and Intolerances Environmental and Ethical arguments of eating less meat - types of vegetarian
Mini./Pavlova Fruit Tarts	Making Meringue - Foam Use of raw egg Pate Sucre Crème Patisserie Decoration and Styling	Food Commodities - Eggs Types - moral and ethical issues in production Nutritional Value Storage and safety Functions - denaturation, coagulation, foam, emulsification
Panna Cotta		Food Commodities - Dairy Food (milk, cheese, yoghurt) Primary Processing - making it safe to use

Chocolate Mouse		<p>Secondary processing - making of cheese and yoghurt</p> <p>Enzymes/moulds and their use - cheese</p> <p>Bacteria and their use - Yoghurt</p>
<p>Pasta</p> <p>Enriched Bread - Chelsea</p> <p>Buns</p> <p>Choux Pasty - profiteroles/eclairs</p> <p>NEA 1 type work - gluten balls</p>	<p>Pasta</p> <p>Enriched bread dough</p> <p>Choux pastry</p> <p>Piping and decorating</p>	<p>Food Commodities - Cereal Products</p> <p>Types and main uses</p> <p>Nutritional value - carbohydrates and fibre</p> <p>Primary processing - extraction</p> <p>Secondary processing</p> <p>Gluten - use, science and intolerance</p> <p>Science of starch food (dextrinization and gelatinisation)</p> <p>Raising agents in baking</p>
<p>Scotch Egg</p> <p>Pesto and Cheese Tart</p>	<p>Moulding</p> <p>Pane</p> <p>Deep fat frying</p> <p>Puff pastry</p> <p>Decorating and Styling</p>	<p>Food commodities - fats and oils</p> <p>Types, provenance and characteristics</p> <p>Functions</p> <p>Health benefits and drawbacks</p>
Brandy Snaps	<p>Moulding</p> <p>Piping</p> <p>Spinning Sugar</p> <p>Decorating and Styling</p>	<p>Food Commodities - sugar</p> <p>Types - provenance</p> <p>Health</p> <p>Functions and Science - caramelisation</p>

## Year 11 Food Preparation and Nutrition Overview

### HT 1

Current Y10 into 11 have to catch up on the cereals, Fats and Sugars modules (see details in the year 10 detail above) - this will be done in HT1 when we would usually do a NEA1 practice - as NEA 1 will not be included in the assessment 2022 this is not necessary

### HT2 - 2

Revision, consolidation of work done during partial school closure and mock exam preparation. This will focus on preparation for the mock paper

Pastry - functions and methods

Eat well guide, healthy eating guidelines and nutrition

Diets through life - needs of different groups

Cooking methods and heat transfer

Cereal products - wheat and other main cereals

Food choices and environmental considerations, protein alternatives including vegetarianism

Product development - how and why and costs/benefits

Food safety including a revision of temperature control

Practical work will also be completed that will prepare them for the demands of NEA 2 - this will not be planned until the task is released - date TBA by the exam board.

### HT 3/4 - NEA2

NEA2 will cover the following elements

- Analysis of task
- Research
- Dishes to be made and Reasons for choice
- Plan of action including Time plan
- Practical - 2 dishes and accompaniments in 3 hours
- Evaluation

Revision will be set each week for homework

HT 5 revision and exam preparation