

**Food and Nutrition**

<p><b>Overview of the year:</b> This is the introduction year to GCSE in Food Preparation and Nutrition. The pupils will learn about all food commodities and how to use them in recipes. The curriculum will also provide them with nutritional values of these commodities and they will explore how deficiencies and excess of nutrients can cause health problems and how to prevent this. The pupils will also learn new practical skills in making food, such as; fileting fish, de-bone chicken and making caramel along with many other recipes.</p>		<p><b>Ways to consolidate and extend your learning in Food Preparation and Nutrition</b></p> <ul style="list-style-type: none"> <li>• TOP READ: Many recipe books are now available in all formats such as, hard back, CDs and online</li> <li>• TOP TV: BBC Bake Off, Master Chef the Professionals and Saturday morning TV</li> <li>• TOP FAMILY VISIT: Exploring new restaurants which serves foods from different cultures</li> <li>• BBC – Bite Size on Food Technology</li> </ul>		
Half Term	Unit title	Knowledge	Skills	Assessment
1	Commodities - Fruit and Vegetables	<ul style="list-style-type: none"> <li>• The variety of fruit and vegetables available</li> <li>• The importance of fruit and vegetables in the diet</li> <li>• The nutritional value of fruit and vegetables</li> <li>• How to store and preserve fruit and vegetables</li> <li>• Changes in fruit and vegetables when cooked</li> </ul>	<ul style="list-style-type: none"> <li>• experiment with fruit and vegetables to explore physical and chemical changes that occur as a result of cooking</li> <li>• consider complementary actions of a fruit and vegetable in a recipe</li> <li>• prepare and cook dishes using fruit and vegetables</li> </ul>	End of unit test
2	Commodities - Cereals	<ul style="list-style-type: none"> <li>• What cereals are</li> <li>• The variety of cereals</li> <li>• The use of different cereals</li> <li>• The importance of staple foods in the diet</li> </ul>	<ul style="list-style-type: none"> <li>• experiment with cereals to explore physical and chemical changes that occur as a result of cooking</li> <li>• consider complementary actions of a cereals in a recipe</li> <li>• prepare and cook dishes using the cereals</li> </ul>	End of unit test
3	Commodities – Animal proteins	<ul style="list-style-type: none"> <li>• The choice of meats and fish available to the public</li> <li>• The nutritional value of meat and fish in the diet</li> <li>• How to handle, store and prepare meat and fish safely to avoid food borne illnesses</li> <li>• Animal welfare</li> </ul>	<ul style="list-style-type: none"> <li>• experiment with meat and fish to explore physical and chemical changes that occur as a result of cooking</li> <li>• consider complementary actions of a meat and fish in a recipe</li> <li>• prepare and cook dishes using meat and fish</li> </ul>	End of unit test
4	Commodities – Alternative and Plant proteins	<ul style="list-style-type: none"> <li>• The importance of beans, nuts and pulses in the diet</li> <li>• The nutritional values of plant proteins</li> <li>• The variety of alternative proteins available to the consume</li> <li>• How to use alternative proteins in cooking</li> </ul>	<ul style="list-style-type: none"> <li>• experiment with alternative proteins to explore physical and chemical changes that occur as a result of cooking</li> <li>• consider complementary actions of a cereals in a recipe</li> </ul>	End of unit test

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5	Commodities – Fat, Oil and Sugar	<ul style="list-style-type: none"> <li>• The types of fats and oils</li> <li>• The composition of fats and oils</li> <li>• The nutritional value of fats and oils</li> <li>• The properties of fats and oils</li> <li>• The functions of fats and oils</li> </ul>	<ul style="list-style-type: none"> <li>• prepare and cook dishes using cereals</li> <li>• experiment with fat, oil and sugar to explore physical and chemical changes that occur as a result of cooking</li> <li>• consider complementary actions of a fat, oil and sugar in a recipe</li> <li>• prepare and cook dishes using the fats, oils and sugars</li> </ul>	End of unit test
6	Commodities – Dairy	<ul style="list-style-type: none"> <li>• Different types of dairy products</li> <li>• How dairy products are processed and made</li> <li>• Nutritional value of dairy products</li> </ul>	<ul style="list-style-type: none"> <li>• experiment with dairy products to explore physical and chemical changes that occur as a result of cooking</li> <li>• consider complementary actions of a dairy products in a recipe</li> <li>• prepare and cook dishes using dairy products</li> </ul>	End of unit test