

- **Temperance Term**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8		
Topic	Food nutrition and health, Food science, Food safety, Mock NEA 1 Heat transfer, cooking methods, Raising agents, Protein, Fat, Carbohydrates, Minerals, Vitamins, Fibre, Water									
Challenge Objective and Content (for all learners)	<p>Topic: Fat - Theory lessons 1-4 + Practical assessment</p> <p>1. Introduction to course and expectations (1a)</p> <p>CQ: What do I need to know to be successful? Introduction to the course and outline of the course.</p> <p>2. Fats and oils- Properties + nutrition (7-8)</p> <p>CQ: What is the difference between fats and oils? Understand the properties of fat and the functions of fat in a recipe</p> <p>CQ: Why is fat important in the diet? Understand the properties of fat and the functions of fat in the diet. To understand the importance of eating a variety of different foods from the Eatwell Guide.</p> <p>Demonstration of recipe + Practical- Tomato and basil tarts- assessment practical</p>	<p>Mock NEA 1. Fat investigation (13b)</p> <p>What is the best fat for shortcrust pastry?</p> <p>Section A: Interpretation and investigation</p> <p>Section B: Carrying out plan of action</p> <p>Section C: Analysing data and results</p>		<p>Topic: Carbohydrates (5a)</p> <p>CQ: What is the function of carbohydrates in the diet? Understand the definition, function, sources of carbohydrate. Explore effects of excess and deficiency.</p> <p>Demonstration of recipe + Practical- Chicken chow Mein</p>	<p>Topic: Protein HBV/LBV</p> <p>1. Protein complementation (3a-b & 4 a-b)</p> <p>CQ: Why is protein important in the diet? What are LBV and HGV proteins? Understand the definition, main sources of protein. Explore effects of excess and deficiency.</p> <p>2. Eatwell guide (1b. 17)</p> <p>CQ: Why is the Eatwell guide important? Demonstrate and apply an understanding of healthy diet. Select an adapt dishes to suit dietary needs.</p> <p>Demonstration of recipe + Practical- Shepherds/cottage pie/ vegetarian pie</p>					
Inspire Opportunities- Homework/ theory topics	<p>IQ: How can I adapt a dish to suit nutritional need?</p>	<p>Introduction to homework/ independent revision CGP revision book/ online</p> <p>Topic: NEA 1- Food science</p>		<p>IQ: What makes a successful practical outcome?</p> <p>Homework/ revision: Carbohydrates</p>	<p>IQ: How can vegans/ vegetarians ensure they consume adequate protein?</p> <p>Homework/ revision: CGP book. Protein</p>					
Assessment Opportunities	<p>Teacher Assessment (TA) - Baseline written assessment Baseline practical.</p>	<p>Teacher Assessment (TA) Summative assessment of mock nea1 submission.</p>		<p>Verbal Feedback (VF), Teacher VF/ Responding to Feedback</p> <p>, Online quiz for homework</p>	<p>Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework</p>					

HALF TERM

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	U
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NB. Written to work in conjunction with the AQA scheme of learning - (linked lesson): https://filestore.aqa.org.uk/resources/food/AQA_8585-FOOD-PREP-YR10-SOW.PDF

Topic	<p style="text-align: center;">Food nutrition and health, Food science, Food safety, Mock NEA 1</p> <p style="text-align: center;">Heat transfer, cooking methods, Raising agents, Protein, Fat, Carbohydrates, Minerals, Vitamins, Fibre, Water</p> <p style="text-align: center;">Range of recipes including Tomato and Basil tart. Chow mien. Fats investigation. Yule log</p>		
<p>Challenge Objective and Content (for all learners)</p>	<p style="text-align: center;">Topic: Micronutrients (9a,b, 11 a,b)</p> <p>1. Vitamins</p> <p style="text-align: center;">CQ: What is the function of the function of micronutrients in the body? Understand the definition, main sources of vitamins and mineral. Explore effects of excess and deficiency.</p> <p>2. Minerals</p> <p style="text-align: center;">CQ: What is the function of the function of micronutrients in the body? Understand the definition, main sources of vitamins and mineral. Explore effects of excess and deficiency.</p> <p style="text-align: center;">Demonstration of recipe + Practical- Shepherds/cottage pie/ vegetarian pie</p>	<p style="text-align: center;">Topic: Fibre and water (14)</p> <p>1. Soluble and insoluble Fibre</p> <p style="text-align: center;">CQ: What is the function of the function of fibre in the diet? Understand the definition, main sources of fibre. Explore effects of excess and deficiency.</p> <p>2. Water</p> <p style="text-align: center;">CQ: Why does water do for the body? Understand the importance of hydration.</p> <p style="text-align: center;">Demonstration of recipe + Practical- Carrot cake/ Bramley apple cake</p>	<p style="text-align: center;">Topic: Sugar</p> <p>1. Refined and natural sugars</p> <p style="text-align: center;">CQ: What is the function of the function of sugar in the diet? Understand the definition, main sources of sugar. Explore effects of excess and deficiency.</p> <p>2. Raising agents</p> <p style="text-align: center;">CQ: What are raising agents? Importance of raising agents in baking.</p> <p>3. Exam techniques (13)</p> <p style="text-align: center;">CQ: How do I answer different types of exam questions?</p> <p style="text-align: center;">Written assessment - Test knowledge and understanding of nutrition.</p> <p style="text-align: center;">Demonstration of recipe + Practical- Yule log</p>
<p>Inspire Opportunities- Homework/ theory topics</p>	<p>IQ: What are the long-term health risks of vitamin deficiency? Homework/ revision: Vitamins and minerals</p>	<p>IQ: how can fibre intake be increased? Homework/ revision: Non- nutrients</p>	<p>IQ: How can sugar consumption be reduced? Homework/ revision: Sugar</p>
<p>Assessment Opportunities</p>	<p>Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework</p>	<p>Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework</p>	<p>Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework Teacher Assessment (TA) Summative assessment- Exam paper</p>

Justice Term

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	HALF TERM
Topic	<p>Food choice, Food provenance</p> <p>Food sources, Primary and Secondary processing, Waste, Environmental Issues, Healthy eating, Diet and Energy</p> <p>Lasagne, Chicken deboning and portioning, Chicken pie, Pasta, Brioche</p>						
Challenge Objective and Content (for all learners)	<p>Topic: Diet through life</p> <p>1. The importance of consuming the right diet at different life stages. (17-18)</p> <p>CQ: How dietary needs different at different life stages? Understand the importance of consuming the right diet at different stages of life</p> <p>2. Adapting recipes (19-20)</p> <p>CQ: How can recipes be adapted to suit different life stages? Plan and cook a dish that has been adapted to suit a specific age group.</p> <p>Demonstration of recipe + Practical- Fresh pasta + filling/ sauce</p>	<p>Topic: Energy and healthy eating</p> <p>1. Energy (21)</p> <p>CQ: Why does the body need energy? Understand physical activity, energy requirements, How energy is measured, Effects of energy deficiency or excess.</p> <p>2. Healthy eating (23)</p> <p>CQ: What is the relationship between diet and health? Diet related diseases and prevention. Adapting a recipe to improve dietary value.</p> <p>Demonstration of recipe + Practical- Lasagne</p>	<p>Topic: Food science</p> <p>1. Heat transference (25)</p> <p>CQ: Why is food cooked? Understand the different methods of heat transference.</p> <p>2. 2. Protein denaturation, coagulation, foams, Gluten formation (27-28)</p> <p>CQ: What is food science? Understand and apply scientific knowledge.</p> <p>Demonstration of recipe + Practical- Brioche</p>				
Inspire Opportunities- Homework/ theory topics	<p>IQ: How can religious or cultural beliefs affect diets?</p> <p>Homework/ revision: Special diets</p>	<p>IQ: How can religious or cultural beliefs affect diets?</p> <p>Homework/ revision: Energy</p>	<p>IQ: how does the chemical structure of food change when cooked?</p> <p>Homework/ revision: Food science</p>				
Assessment Opportunities	<p>Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework</p>	<p>Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework</p>	<p>Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework</p> <p>Teacher Assessment (TA) Summative assessment- Exam paper</p>				

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	EASTER
Topic	Food choice, Food provenance Food sources, Primary and Secondary processing, Waste, Environmental Issues, Healthy eating, Diet and Energy						
Challenge Objective and Content (for all learners)	<p>Topic: Food science</p> <p>1. Raising agents (29)</p> <p>CQ: How do raising agents work? Understand the scientific principles underlying Chemical, physical, steam and mechanical raising agents. .</p> <p>2. Micro-organisms (30-31)</p> <p>CQ: What are micro-organisms? Understand how and why food spoils. food poisoning</p> <p style="text-align: center;">Demonstration of recipe + Practical- Eclairs/ profiteroles</p>		<p>Topic: Food provenance and Primary and secondary food processing</p> <p>1. Factors affecting food choice (33)</p> <p>CQ: What factors affect and influence what we eat? Understand lifestyle, diet, religion, morals, ethics, environment, time, culture, etc affect diet.</p> <p style="text-align: center;">Demonstration of recipe + Chicken deboning- Marinading- Chicken wings/ lollypop chicken</p>		<p>Topic: Food provenance and Primary and secondary food processing</p> <p>1. Field to fork</p> <p>CQ: How is food processed? Understand how food is grown and reared.</p> <p>1. Food processing</p> <p>CQ: What is primary and secondary food processing? Understand how food is processed.</p> <p style="text-align: center;">Demonstration of recipe + Chicken deboning 2 – Chicken pie</p>		
Inspire Opportunities- Homework/ theory topics	<p>IQ: What are enzymes and how do they affect palatability of food?</p> <p>Homework/ revision: Micro-organisms</p>		<p>IQ: How can we ensure food is produced ethically?</p> <p>Homework/ revision: Food safety and hygiene</p>		<p>IQ: How can food waste be reduced?</p> <p>Homework/ revision: cultural and celebration food</p>		
Assessment Opportunities	<p>Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework</p>		<p>Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework</p>		<p>Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework</p>		

Courage Term

	Week 1	Week 2	Week 3	Week 4	Week 5	HALF TERM
Topic	<p style="text-align: center;">Mock NEA 2 Mock coursework project, Exam preparation, Revision skills Food safety certification level 2 Dishes chosen by student based on NEA theme</p>					
Challenge Objective and Content (for all learners)	<p>To showcase a range of technical skills to produce a range of dishes suitable for serving as part of a brunch or afternoon tea party.</p> <p>To manage time effectively develop skills in time management.</p>					
Inspire Opportunities- Homework/ theory topics	<p>To carry out sensory analysis of the dishes made and act on feedback opinions on the dishes made and served.</p>					
Assessment Opportunities	<p>MOCK CONTROLLED ASSESMENT- Verbal feedback and written feedback will be provided by the teacher at a whole class level. Submissions for NEA 2 will be marked, and students provided with generic feedback in line with the AQA assessment requirements.</p>					

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	SUMM
Topic	<p style="text-align: center;">Mock NEA 2 Mock preparation, Revision skills Dishes chosen by student based on NEA</p>		<p style="text-align: center;">Exam techniques and Mock written exam Free cook- dish chosen by student</p>		<p style="text-align: center;">Preparation for year 10 and NEA 1.</p>		

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FPN Learning Journey Year 10

Challenge Objective and Content (for all learners)	<p>To showcase a range of technical skills to produce a range of dishes suitable for serving as part of a brunch or afternoon tea party.</p> <p>To manage time effectively develop skills in time management.</p>	<p>Topic: Revision and exam</p> <p>1. Revision</p> <p>CQ: How do I revise for FPN? Teacher led revision of topics covered this year.</p> <p>2. WRITTEN EXAM</p> <p>Practical- Free cook- Any dish made this year (adapted)</p>	<p>Topic: Sensory analysis and Evaluation of free cook</p> <p>1. sensory analysis</p> <p>CQ: Why is important to taste food?</p> <p>2. GCSE FPN</p> <p>CQ: How can I prepare for year 11 and the NEAs?</p> <p>Summer research project- topic determined by teacher</p>	
Inspire Opportunities	<p>Food safety certification level 2</p>	<p>Food safety certification level 2</p>	<p>Food safety certification level 2</p>	
Assessment Opportunities	<p>Summative feedback given to students following NEA deadline- VF and SA opportunity to set targets for end of year 10 / yr. 11.</p>	<p>Summative feedback given to students following Exam- VF and SA opportunity to set targets for end of year 10 / yr. 11.</p>		