

AUTUMN 1

Food safety in the classroom. Procedures for working safely in the practical room.	Key temperatures for bacteria growth-freezing, chilling, danger zone.	Uses of microorganisms in food production.	Enzymic browning-blanching and freezing.	Prior Learning Students will have studied Food at KS3, they will have developed a range of basic to medium level skills in the kitchen. They will be able to follow and adapt recipes and should be competent at using a range of equipment.
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AUTUMN 2

The Eat Well Guide and healthy eating.	Functions of proteins, HBV, LBV, Vegetarians and alternative sources of protein.	Functions of Carbohydrates in the diet. Sugars, starch and dietary fibre. Hidden sugars.	FATS- functions and their use in the diet. Fats in Pastry.	Prior Learning Students will have briefly covered the basic aspects of nutrition and the eat well guide at KS3.
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SPRING 1

Reasons for cooking food, methods of cooking. Methods of heat transference. Sauce making.	Dry methods of cooking. Water based methods of cooking.	Sauce making- Different types of sauce. Blended and Roux sauce.	Cooking Proteins-denaturation and coagulation.	Prior Learning Basic methods of cooking have been used in the practical sessions at KS3.
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SPRING 2

Cooking carbohydrates-gelatinisation, dextrinization and caramelisation.	Cooking with fats and oils-shortening, aeration, plasticity and emulsification.	Cooking with fruit and vegetables- enzymic browning and oxidation.		Prior Learning Enzymic browning has been discussed in the fruit and veg practicals in Yr7.
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SUMMER 1

Factors affecting food choice.	Planning dishes for different occasions.	Religious, cultural, ethical, medical and moral food choices.	Food labelling and mandatory and non-mandatory information on food labels.	Prior Learning Food Labelling discussed during practicals at KS3.
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SUMMER 2

British and international food choices.	Environmental impact and sustainability of food.	Food preparation and cooking techniques. Technological developments associated with better health and food production.	Planning food preparation assignment and extended practical session.	Prior Learning Practicals draw together all the skills learnt during KS3 and Yr10.
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CAREERS LINKS

Good preparation for any career in the food, drink and hospitality industry. Recipe and product development. Food promotion and sales. Sales advertising. Food sales. Education and Child Care sector. Dietician.

CHARACTER LINKS

Moral virtues of respect, honesty and understanding are fostered when considering the role ethics, medical and moral choices come in to play with food. Civic virtues of citizenship, community awareness are harnessed when exploring food cultures and tolerances locally, nationally and globally.

KEY ASSESSMENT DATES

Assessment will be carried out at the end of each topic. This will be by either a test or exam question. Practical skills will be assessed at various points. There will be a written exam in Year 10 along with a practical assessment.