Year 10 Food Preparation & Nutrition Curriculum Map

Overview	The OCR GCSE course is to develop students' knowledge and understanding of food and nutrition, improve their practical food preparation and cooking skills. The course is divided into 4 sections - Nutrition, Food, Cooking and Food Preparation and Skill Requirements. The course is assessed in 3 ways - **Written exam paper (50%)**, **Food Investigation (15%)** and a **Food Preparation Task (35%)**. (Due to Covid the Food Investigation has be withdrawn for 2022 assessment) **.** The course is supported by Hodder Education resources. https://www.ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-j309-from-2016/					
Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Commodity Group: Fruit and Vegetables + Food Choice	Potatoes, Bread, Rice and other starchy Carbohydrates	Dairy and Alternatives	Sensory and Food Characteristics - Processing and Preserving Food	Beans, Pulses, Fish, Meat and other Proteins - Food and Drinks high in sugar	Food Safety/Security
Knowledge	**Section C:** Food Safety Cross - Contamination **Section A:** Health Healthy Diet (F&V) Commodity Groups Eatwell Guide Diet Related Diseases **Section A:** Nutrients Function of Vitamins Function of Fibre Fat/Water soluble Function of Water **Section B:** Provenance Food sources (F&V) Ad/Dis of local produce Organic foods F&V Classifications	**Section B:** Food Choice Dietary needs Food Choice Consumer Information Ethical and Moral beliefs Traditional ingredients (UK) Religious and Cultural cuisine Cooking Methods Recipe adaptation **Section A:** Health and Nutrients Starchy Foods Diet related disease Recommended daily amounts (Macro) Energy release Food allergies (gluten) **Section A:**	**Section C:** Health Milk and dairy foods Diet related disease Planning meals based on dietary and nutritional analysis Modifying recipes, cooking processes and portion sizes **Section A:** Nutrients Basal Metabolic rate Physical Activity Energy requirements Energy intake (Fat) Types and Structures (Fats) Fat sources **Section B:** Provenance Ad/Dis of locally	**Section C:** Sensory Properties Changes in food when cooked. Using senses to evaluate food Recognise the 5 basic tastes **Section C:** Organoleptic properties Testing Panel Rating, Ranking and Profiling Features and characteristics of food Traditional ingredients Religious and cultural effects Traditional cooking methods How recipes have been adapted **Section C:** The reasons why food is cooked Safe to eat More digestible/palatable Heat Transfer	**Section A:** Health Protein Rec. daily amounts Sources of Protein Diet related diseases: anaemia **Section A:** Nutrients Food sources of vitamins Fat/Water soluble Functions and deficiency Food that supply Minerals **Section B:** Provenance Ad/Dis of locally produced seasonal foods Classification of meats and poultry Farming Classification of fish	**Section B:** Technological Dev. Adv/Dis of fortification Preservatives, colouring, flavourings, sweeteners, emulsifiers and stabilisers Probiotics/Prebiotics **Section C:** Food Safety Conditions to grow bacteria Yeast production Signs of food spoilage Micro-organisms properties **Section C:** Food Safety Buying food Storing food Cooking and serving food

	Food Science: Enzymic Browning Oxidisation Nutrients Testing **Practical Options:** Fajita, Vegetable Soup, Tarts, Strudel Meat balls Vegetable curry, Lemon pudding	Nutrients Function of starch Complex Carbohydrate Food sources: Starch Ad/Dis of local/seasonal produce **Section B:** Provenance Primary Processing Wheat-Flour Secondary Processing Flour-Bread **Food Science:** Acids, Alkalis as raising agents. Yeast, Caramelisation **Practical Options:** Ploughmans Bakewell Tart Steamed Puddings/Custard Potato dishes Fish Cakes Goats cheese/onion tart.	produced food Processes raw food into food product How milk is processed into products **Food Science:** Shortening, Aeration Plasticity Emulsification **Practical Options:** Cornish Pasty Quiche Lorraine Viennese Fingers Sausage Rolls Danish Pinwheels Apple Tarte Tatin Mayonnaise Spinach Ravioli	How cooking affects nutritional value How cooking can change foods sensory characteristics Processing and preserving Use of temperature Drying and smoking Atmosphere control Packaging **Food Science:** Raising agents Gelatinisation Dextrinisation **Practical Options:** Batters Muffins and crumbles Swiss Roll Choux Pastry Reduction sauces Chicken goujons/kiev	**Section B:** Foods and drink high in sugars Sources of sugar Related diseases Types of sugar Function and deficiency **Food Science:** Gluten formation Raising agents Coagulation Acid denature Foam formation **Practical Options:** Chelsea Buns Baked Custard Creme Brulee Cheesecake Fish Pie/Cakes Tempura English Breakfast	**Section B:** Food security Availability and access to food Fairtrade Genetically Modified Foods Food waste Carbon footprint Sustainability **Section D:** Task Practice Features and characteristics of individual dishes Traditional Ingredients Religious and cultural aspects Cooking methods How traditional methods have adapted in society. **Food Science:** Preservation Microorganisms used in food production Growth of Bacteria **Practical Options:** Chilli con carne Ice-cream,sorbet Chocolate/Coffee dish Pupil choice
Skills	**Theory skills** Planning/Evaluating Adapting/Modifying **Practical Skills** Preparation Skills Use of technology Development of timelines Development of cooking, presenting and evaluating techniques.**(NEA)**	**Theory skills** Planning/Evaluating Adapting/Modifying **Practical Skills** Preparation Skills Use of technology Development of timelines Development of cooking, presenting and evaluating techniques.**(NEA)**	**Theory skills** Planning/Evaluating Adapting/Modifying **Practical Skills** Preparation Skills Use of technology Development of timelines Development of cooking, presenting and evaluating techniques.**(NEA)**	**Theory skills** Planning/Evaluating Adapting/Modifying **Practical Skills** Preparation Skills Use of technology Development of timelines Development of cooking, presenting and evaluating techniques.**(NEA)**	**Theory skills** Planning/Evaluating Adapting/Modifying **Practical Skills** Preparation Skills Use of technology Development of timelines Development of cooking, presenting and evaluating techniques.**(NEA)**	**Theory skills** Planning/Evaluating Adapting/Modifying **Practical Skills** Preparation Skills Use of technology Development of timelines Development of cooking, presenting and evaluating techniques.**(NEA)**