

Long Term Plan: [Year 10] [subject Food] - GCSE Food Preparation and Nutrition Key: Practicals

	w.c 05/09/22	w.c 12/09/22	w.c 19/09/22	w.c 26/09/22	w.c 03/10/22	w.c 10/10/22	w.c 31/10/22	w.c 07/11/22	w.c 14/11/22	w.c 21/11/22	w.c 28/11/22	w.c 05/12/22	w.c 12/12/22	w.c 19/12/22
	Year 9 practicals which were missed	Year 9 practicals which were missed	Year 9 practicals which were missed	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry
Term 1	Introduction to year 10 and the new GCSE Milk tasting and alternatives Sensory evaluation	Butter making Address misconceptions form Dairy commodity	Cheese making Yoghurt presentation practical Evaluation of aesthetic appeal	Meat identification Farm to fork Cuts of meat	Types of meat cooking meat Frying vs grilling	Assessment of meat Spaghetti bolognese e	Nutritional values of meat x2 lessons Feed forward Chicken stir fry	Vegetarianism protein alternatives Spicy bean burger	Types of fish - Olly, White, Shell x2 lessons Fancy fish fingers	How to gut and fillet a fish Demonstration Cooking techniques for fish	Fish cake Sustainability and locally sourced.	Assessment Planning for presentation Plating presentation techniques	Feed forward	Evaluation of presentation methods
	Term 2	w.c 02/01/23	w.c 09/01/23	w.c 16/01/23	w.c 23/01/23	w.c 30/01/23	w.c 06/02/23	w.c 13/02/23	w.c 27/02/23	w.c 06/03/23	w.c 13/03/23	w.c 20/03/23	w.c 27/03/23	w.c 17/04/23
	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Food science	Food science	Food science	

	What are cereals? Granola bar	Staple foods Flour into pasta	Primary and secondary processing of wheat	Primary and secondary processing of wheat	Gluten intolerances Bread practical	NEA 1 investigation into sugar	NEA 1 investigation into sugar	NEA 1 investigation into sugar	Assessment NEA 1 investigation into sugar	Feed forward	NEA 1 investigation into sugar	NEA 1 investigation into sugar	
	w.c 24/04/23	w.c 01/05/23	w.c 08/05/23	w.c 15/05/23	w.c 22/05/23	w.c 05/06/23	w.c 12/06/23	w.c 19/06/23	w.c 27/06/22	w.c 03/07/23	w.c 10/07/23	w.c 17/07/23	
	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	
Term 3	Butter vs Margarine Nutritional values Butter/margarine tasting session	What is oil? Making an emulsion - mayonnaise	Fat soluble vitamins functions of the vitamins Tasting session of fat soluble vitamin foods	Fat based cooking methods Fortification	Types of pastry x 2 lessons Shortcrust pastry	Types of pastry continued Apple tart	Assessment ICT room needed from now What is sugar? Where does sugar come from?	Feed forward chemical composition of sugar nutritional benefits of sugar	How to make a caramel Alternatives to sugar - sweeteners Cupcake practical investigation Taste test	Investigate the properties of sugar vs sweetener Analysis of results Evaluation	What did you find out from your investigation?	Self assessment against NEA 1 criteria.	