

Year 10: GCSE Food Preparation & Nutrition



Topic 4: Food Provenance
Food origins - packaging -
sustainability - food security

Topic 3: The effects of cooking on food

Why food is cooked - heat transfer-
functional and chemical properties of
protein, carbohydrates and fats -
raising agents - reasons for recipe
fails

Topic 2: Food spoilage
Food storage - date marks and
labelling - signs of food -
conditions for bacterial growth
spoilage - types of bacterial
contamination - signs and
symptoms of food poisoning

Topic 1: Nutrition Recap
Macro / micro nutrients -
Energy requirements - Plan
balanced diets - calculating
nutritional values



Knowledge	Attributes / Character	Skills	Experiences
<ul style="list-style-type: none"> ● Structure role, source and function of macro / micro nutrients ● Relationship between diet, nutrition and health. ● knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food ● Demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment 	<ul style="list-style-type: none"> ● Confidence - ● Continue to develop skills in food preparation ● New dishes and ingredients ● Organisation - ● Time management in practicals ● Extended learning, preparation for assessment 	<ul style="list-style-type: none"> ● Effective research and analysis ● Making judgements ● Scientific enquiry ● Make prediction ● Writing for a specific purpose ● Use of correct terminology ● Evaluating using evidence ● Planning ● Creativity ● Health & safety ● High level food preparation skills and techniques 	<p>Young chef / bakers academy UCB Let's have a go session - UCB Walk, Eat Tour London*</p>