Subject: Food Preparation and Nutrition

Year Group: 10

Week beginning	Subject Topic	NC Strand	Key Learning points/big questions	Independent/Home learning	Linked Assessment	Resources
4/1	**Cereals Introduction**	Cooking and nutrition	What are cereals? What varieties of cereals are available? What is a staple food? Why are staple foods important in the diet? Give some examples What nutrients do cereals provide us with? What diseases are prevented by eating wholegrain cereal? The basic structure of a wheat grain How is wheat grown and harvested? The primary processing of wheat into flour The importance of protein content in flour The functional properties of wheat flour Secondary processing of wheat	Cereals are called 'staple' food. Explain what this means? Explain why we should choose cereal products that are of a wholegrain variety when making dishes Create a mind map that shows what you have learnt about cereals	Low Stakes Test Student notes End of unit test	PowerPoint https://eggbucklandsharepoint.com/:p:/g/Technology/EXyg7u43AzBOi4xYl5gpHDcBIlX8RHBQL6_jlCWLeiCmUg?e=UiLFPu
11/1	**Bread** **Gluten ball experiment** **Bread Practical – Decorated Focaccia**	Cooking and nutrition	The varieties of bread products available The key ingredients and their functions in bread making How bread is made The difference between unleavened and leavened bread The importance of yeast What are sourdoughs and starters	Watch the video clip below on how flour is milled. https://fabflour.co.uk/fab-flour/how-flour-is-milled/		

				1. Explain how wheat is cleaned before milling 2. Name the three important parts of the wheat grain 3. Explain how semolina is processed into white flour 4. Which part of the grain does the white flour come from 5. Explain how wholemeal flour is made		
18/1	**Pasta** **Ravioli Practical**	Cooking and nutrition	What is pasta The process of making pasta The variety of pasta available How to cook pasta How to store pasta	Watch the video on the large scale manufacture of pasta https://www.youtube.com/watch?v=_XPcddlXsxYand Answer the questions (worksheet on digital textbook – page 18)		
25/1	**Rice** **Rice tasting/Risotto**	Cooking and nutrition	How rice is grown and harvested The primary processing of rice The types of rice available The secondary processing of rice into rice products	Watch the video and answer the questions for the worksheet page 22/23 https://www.youtube.com/watch?v=kxAEiHCErSA https://www.youtube.com/watch?v=_TMqzoojgX0		

1/ 2	**Maize (corn), Oats, Barley Rye and other cereals**	Cooking and nutrition	What maize and corn are The secondary processing of maize and corn into products. What oats, barley and rye are. The secondary processing of oats, barley and rye into products. Find out about other less common cereals and grains Use of plants as thickening agents	Other types of cereals include rye, millet, sorghum, quinoa, barley and buckwheat. Do some research and find how each of these cereals is used and where it is grown.		
8/2	**Preventing Food Poisoning in cereals Assessment**	Cooking and nutrition	The importance of storing cereal crops correctly The sources of food poisoning contamination in cereal crops Food poisoning risks in cooked rice and fresh egg pasta. Revision and Assessment	Complete the protecting Britain worksheet using this link http://www.bbc.co.uk/programmes/p014503p		
Half term						