

Subject: Food Preparation and Nutrition

Year Group: 10

Week beginning	Subject Topic	Key Learning points/big questions	Independent/Home learning	Linked Assessment	Resources
7/9	Nutrients	<p>Outline GCSE Food Preparation and Nutrition Course – Focus for this year</p> <p>Nutrients: Macro nutrients - Protein, Carbohydrate and Fat. Micro nutrients - Vitamins and Minerals.</p> <p>Explain what the Eatwell guide represents. Increase fruits and vegetables and fibre. Reduce saturated fat, salt and sugar.</p>	<p>Create a set of nutrient flash cards – include: Nutrients: Macro nutrients - Protein, Carbohydrate and Fat. Micro nutrients - Vitamins and Minerals.</p>	End of unit assessment	PowerPoint
14/9	Commodity focus: Fruits and Vegetables	<p>How are fruits and vegetables categorised?</p> <p>Why should we eat a range of fruits and vegetables?</p> <p>As well as nutrients why else are fruits and vegetables a valuable commodity?</p> <p>What does 5 a day look like? What is a portion?</p> <p>Who can we ensure we incorporate a range of fruits and vegetables into our diet?</p> <p>How are fruits and vegetable stored?</p>	<p>Research the following questions and come prepared to discuss the responses next week.</p> <p>Why can't we grow all our own fruit and vegetables? What are the advantages of importing? Why should we support local farmers too?</p>		

			Does it matter if we eat foods in season?		
21/9	Seasonality and Food Miles	<p>How are foods grown?</p> <p>What is meant by the term seasonality?</p> <p>What fruits and vegetables are in season at what times of the year?</p> <p>Why are fruits and vegetables limited to being grown at certain times of the year?</p> <p>Why eat the seasons?</p> <p>What are food miles?</p> <p>Why is it important to consider the amount of food miles we use?</p> <p>What are the advantages and disadvantages of importing our food from different countries?</p> <p>How can food miles be reduced?</p>	Complete the exam question on seasonality using Point, Explain, Example		
28/9	Preservation methods	<p>What does the term preservation mean?</p> <p>Why is preservation necessary?</p> <p>How can we preserve fruits and vegetables?</p> <p>Freezing, Freeze-drying, Canning, Bottling, Pickling, Drying, Jam making – how do these processes occur and how do they preserve food?</p>	Complete the exam question on preservation methods using Point, Explain, Example		
5/10	Enzymic Browning	<p>How to carry out and write up a food science experiment.</p> <p>Science investigation: Enzymic browning</p> <p>What does the term enzymic browning mean?</p> <p>Which fruits and vegetables turn brown?</p> <p>Can enzymic browning be slowed or stopped?</p> <p>Does the way in which fruits and vegetables are cut affect their enzymic browning?</p>	Complete the enzymic browning homework sheet.		

		How does the texture of fruits and vegetables change when cooked?			
12/10	The provenance of Fruits and Vegetables – Processing and harvesting. Herbs and spices.	How are vegetables harvested and processed? Herbs and spices – name and recognise uses the complimentary foods for a range of herbs and spices.	Produce a flow diagram to demonstrate the process of fresh fruit and vegetables from Farm to Supermarket using this video https://www.youtube.com/watch?v=qnhqkhEVZuI		
19/10	Assessment	Revise the topic and complete assessment	Create a set of Fruit and vegetable revision cards using the online textbook and class notes from this term.		
Half term					