

**YEAR 10  
CURRICULUM MAP**

Food Preparation & Nutrition  
Key Focus – Practical skills, science of food and nutritional knowledge



**ST JAMES'**  
CATHOLIC HIGH SCHOOL

										EOY Assessment Point
										HT1 – HT6
										Carbohydrates and vitamins & minerals End of Unit Tests with interleaving evident
										<u>Key Disciplinary Knowledge</u>
										Food, Nutrition and Health
										Food Science
										Food Safety
										Food Choice
										Food Provenance
										<u>Key Concepts</u>
										Practical skill development
										Nutritional knowledge
										Science of food
										Understanding food commodities
<b>HT1:</b>	<b>Overarching unit intent:</b> How microorganisms are used in food production?	<b>HT1 &amp; HT2</b>	<b>Overarching unit intent:</b> Denaturation	<b>HT4:</b>	<b>Assessment Point: Summative or AFL</b>	<b>HT5</b>	<b>HT6:</b>	<b>EOY Assessment Point</b>		
<b>Overarching unit intent:</b> Bacteria Module: What are microorganisms?	Food storage	Bacteria End of Unit test	Coagulation	<u>Overarching unit intent:</u> What do the terms plasticity, Shortening, emulsification and aeration mean?	<b>HT3 and HT4 (with elements of HT1 and HT2)</b>	<u>Overarching unit intent:</u> What is gelatinisation? What is dextrinisation? What is caramelisation?	<b>Overarching unit intent:</b> The amount of vitamins needed every day for different life stages			
What conditions are needed for microorganisms to live and grow?	Protein Module: Structure of amino acids	Food, Nutrition and Health	Aeration / how foams are formed	What happens when you heat fats and oils?	Protein and Fats & Oils End of Unit Tests with interleaving evident	What is meant by a raising agent?	The effects of food preparation and cooking on vitamins			
What are enzymes?	HBV & LBV protein foods	<u>Key disciplinary knowledge</u>	Function of gluten	Carbohydrates & Raising Agents Module:	<u>Key disciplinary knowledge</u>	How raising agents work?	What are antioxidants?			
How is food spoiled?	Protein Complementation Protein alternatives	Food Science	Fats & Oils Module:	The function of carbohydrate in the body	Food, Nutrition and Health	Types of raising agents	The functions of minerals in the body			
What is food poisoning? Symptoms and food sources of food poisoning?	Function of protein in the body	Food Safety	Functions of fat in the body	The main sources of carbohydrate in the body.	Food Science	Vitamins, Minerals and Water Module:	The main sources of minerals in the diet			
Cross Contamination	Effects of a deficiency or excess of protein	Food Choice	Effects of a deficiency or excess of fat in the body	The effects of a deficiency or excess in the body	Food Safety	The functions of vitamins in the body	The effects of a deficiency or an excess of minerals in the diet			
Heat transfer methods – conduction, convection & radiation	Protein needs at different ages	Food Provenance	The functional and chemical properties of fat	The amount of carbohydrate needed at each life stage	Food Choice	The main sources of vitamins in the diet	The amount of minerals needed every day for different life stages			
<b>CAREER Case study:</b> Environmental Health Officer	Structure of proteins Science of Protein	<u>Key Concepts</u>	The functional and chemical properties of fat	How fats and oils react to food preparation processes and cooking methods	Food Provenance	The effects of a deficiency or an excess of vitamins in the diet	Water function			
	<b>CAREER Case study:</b> Butcher / Fish Monger	Practical skill development	How fats and oils react to food preparation processes and cooking methods	Revisit bacteria module during protein module	<u>Key Concepts</u>	Practical skill development	NEA1 – Mock task – 2 experiments and write up based on investigation set.			
		Nutritional knowledge	Revisit bacteria module during protein module	<b>CAREER Case study:</b> Sports Nutritionist	Practical skill development	Nutritional knowledge	Revisit carbohydrates function during vitamin and minerals module			
		Science of food			Science of food	Understanding food commodities				
		Understanding food commodities			Understanding food commodities					