## YEAR 10 CURRICULUM MAP

Food Preparation & Nutrition

<u>Key Focus</u> – Practical skills, science of food and nutritional knowledge – Dignity and Solidarity



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Care for God's creation								EOY Assessmen
							HT6:	HT1 – HT6
						HT5	Overarching unit	Control during
				HT4:	Assessment Point:	<u>iOverarching unit intent:</u>	<u>intent:</u>	Carbohydrates vitamins & mineral
					Summative or AFL	NA/hatia aalatiniaatia?	The amount of vitamins	Unit Tests with inte
			HT3:	Overarching unit intent:	HT3 and HT4	What is gelatinisation?	needed every day for	evident
					(with elements of HT1	What is dextrinisation?	different life stages	Key Disciplina
	HT2:	Assessment Point:	Overarching unit intent:	What do the terms	and HT2)	What is caramelisation?	The effects of food	Knowledge
		Summative or AFL	Denaturation	plasticity, Shortening, emulsification and	Protein and Fats & Oils	What is Caramensation?	preparation and	
HT1:	Overarching unit	HT1 & HT2	Demacaración.	aeration mean?	End of Unit Tests with	What is meant by a	cooking on vitamins	Food, Nutrition Health
Overarching unit	<u>intent:</u>		Coagulation	What happens when	interleaving evident	raising agent?	What are antioxidants?	Health
intent:	How microorganisms are used in food	Bacteria End of Unit test	Aeration / how foams are	you heat fats and oils?	Key disciplinary	How raising agents		Food Science
Bacteria Module:	production?	Key disciplinary	formed	Carbohydrates &	knowledge	work?	The functions of minerals in the body	Food Safety
What are microorganisms?		<u>knowledge</u>	Function of gluten	Raising Agents Module:	Food Nutrition and	Types of raising agents	minerals in the body	1 ood salety
·····ci o ci gariioiiio i	Food storage	Food, Nutrition and		The function of	Food, Nutrition and Health	Types of faising agents	The main sources of	Food Choice
What conditions are	Protein Module:	Health	Fats & Oils Module:	carbohydrate in the		<u>Vitamins. Minerals and</u>	minerals in the diet	Food Provena
needed for microorganisms to live	Structure of amino		Functions of fat in the	body	Food Science	<u>Water Module:</u>	The effects of a	1 ood 1 foverial
and grow?	acids HBV & LBV protein	Food Science	body	The main sources of	Food Safety	The functions of	deficiency or an excess	Key Concept
2	foods	Food Safety	Effects of a deficiency or	carbohydrate in the		vitamins in the body	of minerals in the diet  CATHOLIC SOCIAL	
What are enzymes?		*	excess of fat in the body	body. The effects of a	Food Choice	The main sources of	TEACHING	Practical skill devel
How is food spoiled?	Protein Complementation	Food Choice	CATHOLIC SOCIAL TEACHING	deficiency or excess in		vitamins in the diet	Care for God's creation	Nutritional know
	Protein alternatives	Food Provenance	Care for God's creation	the body		The effects of a	The amount of minerals needed every day for	
What is food poisoning?  Symptoms and food			The functional and chemical properties of fat	CATHOLIC SOCIAL TEACHING	Key Concepts	deficiency or an excess of vitamins in the diet	different life stages	Science of foo
sources of food	Function of protein in the body	Kev Concepts	chemical properties of fac	Care for God's creation	Practical skill	CATHOLIC SOCIAL		Understanding t
poisoning?	CATHOLIC SOCIAL	<u>key concepts</u>	The functional and	The amount of	development	TEACHING	Water function  CATHOLIC SOCIAL	commoditie
Cross Contamination	TEACHING	Practical skill	chemical properties of fat	carbohydrate needed at each life stage	Nutritional knowledge	Care for God's creation  Common Good	TEACHING	
	Care for God's creation Effects of a deficiency	development	How fats and oils react to	each me stage	Nutritional knowledge	CAREER Case Study:	Commence Const	
Heat transfer methods  - conduction,	or excess of protein	Nutritional knowledge	food preparation processes and cooking	How carbohydrates	Science of food	Dietician / Nutritionist	Common Good NEA1 – Mock task – 2	
convection & radiation	Protein needs at		methods	react to food preparation processes	Understanding food		experiments and write	
	different age Science of Protein	Science of food	Common Good	and cooking methods	commodities		up based on	
CAREER Case study:	Science of Frotelli			Common Good			investigation set.	



Environmental Health Officer	CATHOLIC SOCIAL TEACHING Common Good CAREER Case study: Butcher / Fish Monger	Understanding food commodities	Revisit bacteria module during protein module	<u>CAREER Case study:</u> Sports Nutritionist		Revisit functions of fats and proteins during carbohydrate module	Revisit carbohydrates function during vitamin and minerals module	
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