

**YEAR 10  
CURRICULUM MAP**

**Food Preparation & Nutrition**

Key Focus – Practical skills, science of food and nutritional knowledge – **Dignity and Solidarity**



**ST JAMES'**  
CATHOLIC HIGH SCHOOL

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



# ST JAMES'

CATHOLIC HIGH SCHOOL

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