KS4 Y10 GCSE CURRICULUM OVERVIEW

SUBJECT: FOOD & NUTRITION

	Topics being taught	What you will be assessed on	How you can support at home
AUTUMN TERM	Protein: Chicken and meat based products. Nutritional requirements of teenagers.	Knowledge of protein, consequences of excess and deficiency. Food safety with high risk foods.	Provide ingredients where appropriate. Encourage students to cook and wash up at home.
OCTOBER 1/2 TERM	Protein: Alternative proteins, Fish and Eggs. Introduction to investigation tasks.	Functions of protein in prepared dishes. Practical outcomes and investigation work.	Provide ingredients where appropriate. Check homework tasks are completed.
SPRING TERM	Carbohydrates: Primary processing of wheat and practical uses.	The role of carbohydrates in the diet. Practical outcomes of pasta and bread products.	Provide ingredients where appropriate. Encourage students to cook and wash up at home.
FEBRUARY 1/2 TERM	Fat: Pastry products and fat investigations. Raising agents.	The role of fat in the diet. Functions in food preparation. Investigation task.	Provide ingredients where appropriate. Check homework tasks are completed.
SUMMER TERM	Vitamins and minerals: Mini food preparation task.	Research, technical skills and practical outcomes in mini food preparation task.	Provide ingredients where appropriate. Encourage students to cook and wash up at home.
MAY 1/2 TERM	Nutritional needs of specific dietary groups. Revision	All topics covered in the year: Full exam paper.	Help with revision: Time and space to complete.

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