



Year 10 Food Preparation & Nutrition

Year Planner 2021-2022

Week	Content	Assessments
1	NO LESSON	
2	Intro to year 10- course requirements, hygiene and safety, practical protocols, recap nutrition hand	
3	Unit 1- Skills Focus -Intro-pasta demo-pasta design -Demo making pasta	
4	- Make own pasta with SFC sauce - Sauce demo and SA of pasta	
5	INSET DAY MONDAY 27/9	
6	-Pasta sauce design and development- finish off - MOCK REVISION	
7	Pasta sauce and dried pasta practical	STARS practical assessment
8	MOCK REVISION	
9	MOCK WEEK	Mock Examination 1
10	MOCK WEEK	
11	Risotto practical	
12	-Preservation – theory lesson -Chutney design	STARS theory assessment
13	-Chutney practical -Evaluation of practical	
14	-Christmas practical Yule Log -Chocolate Tasting	
15	NO LESSON BANK HOLIDAY	
16	-Chicken fajita practical- bread & filling -Protein and other theory	
17	Revision Unit 1	
18	-Revision Unit 1 -Unit 1 examination	Unit 1 examination
19	Unit 2- Fish and meat An introduction to Unit 2-Fish and meat -To understand the different classifications of fish, the different methods to cook fish and why we need to eat fish as part of a healthy balanced diet -To observe a demonstration of how to fillet a fish and how to make 'fish en papillote'	
20	-Fish cake practical lesson - Nutritional analysis of fish products using Ridgewell Nutrition programme	

21	Vegetable preparation practical – different cuts of vegetables	
22	-Fish en papillote practical lesson -Planning lesson for chicken carcass practical - soup	
23	Theory and practical lesson jointing a chicken	
24	-Practical lesson – using chicken carcass to develop a stock which is used as a base for a soup -Principles of food safety	
25	Practical lesson KFC style chicken	STARS practical assessment
26	-Factors affecting food choice	
27	BANK HOLIDAY	
28	MOCK REVISION	
29	BANK HOLIDAY	
30	MOCK (Non - Core Subjects)	Mock Examination 2
31	-Practical lesson- mayonnaise, coleslaw and kebabs	
32	-Theory lesson- mayonnaise -Food labelling and marketing influences	STARS theory assessment
33	-Revision Unit 2	
34	-Unit 2 Examination -Target work Unit 3- International Cuisines -Introduction to international cuisine- British, Moroccan and Italian -Food miles - Plan, prepare, cook and present a main meal or dessert that is based on Italian cuisine. Present one dish with accompaniments.	Unit 2 Examination STARS theory assessment
35	Practical- Italian dish	STARS practical assessment
36	-Practical- British dish -Food processing and production	
37	Practical- Mexican dish	
38	-Free cooking practical -Revision	
39	-Unit 3 examination -Target work	Unit 3 examination
40	The Truth about Sugar	

	STARS Theory Assessment	STARS Practical Assessment	STARS Unit Examination Assessment
Unit 1- Skills Focus	Food science- preservation.	Pasta and pasta sauce practical, designed by each student.	End of Unit 1 examination assessment.
Unit 2- Fish and Meat	Food science- extended writing emulsification in relation to mayonnaise.	Practical lesson KFC style chicken from their own jointed chicken	End of Unit 2 examination assessment.
Unit 3- International Cuisine	Planning and designing their own Italian dish that must include a range of medium and high-level skills.	Italian dish designed by each student.	End of Unit 3 examination assessment.

Other:	<ul style="list-style-type: none">• Mock examination 1- November 2021• Mock examination 2- May 2022
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