



Year 10 Autumn Term		
<p>Topics covered:</p> <ul style="list-style-type: none"> - Safe and hygienic working practices - Potential hazards and risks in the cooking environment - Food groups - The components of a balanced diet - UK government healthy eating tips - Sources and functions of macronutrients - Sources and functions of micronutrients - Sources and functions of minerals/water 	<p>How it links to what has been studied before:</p> <p>Food and Cookery Level 1-2 combined builds on previous knowledge from studying Food tech in KS3. Students have previously learnt about healthy eating, hygiene, and had practice at cooking a range of healthy recipes.</p>	<p>How it links to what will be studied:</p> <p>The Level 1/2 Technical Award in Food and Cookery is designed for learners who want an introduction to food and cookery that includes a vocational and project-based element. The qualification will appeal to learners who wish to pursue a career in the food industry or progress onto further study</p>
<p>Key words:</p> <ul style="list-style-type: none"> ● Hygienic ● Environment ● Hazards ● Risks ● Physical contamination ● Chemical contamination ● Biological contamination ● Bacteria ● High risk foods ● Utensils ● Eatwell Guide ● protein ● carbohydrates ● vitamins ● minerals ● macronutrient ● Micronutrient ● minerals 	<p>Key skills:</p> <ul style="list-style-type: none"> ● Safe use of equipment including electrical equipment - mixers, food processors ● Control of heat - boiling, simmering, frying, baking ● Following more complex recipes ● Evaluation - reflection on practical work and experiments ● Research - primary and secondary research 	
<p>Assessment focus</p> <ul style="list-style-type: none"> - Students will complete an end of term assessment focussing on the topics covered. <p>AO1 - Recall knowledge and show understanding The emphasis here is for learners to recall and communicate the fundamental elements of knowledge and understanding.</p>	<p>Revision tips</p> <ul style="list-style-type: none"> ● Creating revision cards ● Focus on key words - matching definitions ● Use of Boost-learning (e-revision book available.) ● Practical cooking at home 	

<p>AO2 - Apply knowledge and understanding The emphasis here is for learners to apply their knowledge and understanding to real-world contexts and novel situations.</p> <p>AO3 - Analyse and evaluate knowledge and understanding The emphasis here is for learners to develop analytical thinking skills to make reasoned judgements and reach conclusions.</p> <p>AO4 - Demonstrate and apply relevant technical skills, techniques and processes The emphasis here is for learners to demonstrate the essential technical skills relevant to the vocational sector by applying the appropriate processes, tools and techniques.</p> <p>AO5 - Analyse and evaluate the demonstration of relevant technical skills, techniques and processes The emphasis here is for learners to analyse and evaluate the essential technical skills, processes, tools and techniques relevant to the vocational sector.</p>	
<p>Why we study it:</p> <p>Learners will develop the following knowledge that will inform future training and work in the food sector:</p> <ul style="list-style-type: none"> • an understanding of health and safety in a cooking environment and how to prepare and cook food safely • the importance of legislation that governs the food industry • where food is sourced, seasonality and food production processes • food groups and the role of key nutrients to maintain a healthy, balanced diet • factors that impact on food choice (to include health conditions, allergies and intolerances) and how dishes can be adapted • developing, honing and applying food preparation skills and techniques to achieve a consistent standard of the product over time • recipe development and amendment • an understanding of the importance of planning and sequencing when cooking dishes • effective time management • an understanding of how to present, decorate, garnish, evaluate and improve dishes <p>The knowledge and skills gained will provide a secure foundation for careers in the food industry.</p>	
<p>Mastery in this subject</p> <ul style="list-style-type: none"> • recall and apply highly relevant knowledge and understanding in a highly comprehensive manner • analyse and evaluate to make reasoned judgements and reach well-supported conclusions • safely and effectively demonstrate highly relevant skills, techniques and processes relevant to the sector when using a wide range of equipment and ingredients to plan, prepare and present complex dishes (including amending recipes and creating those suitable for different food-related health conditions) • analyse and evaluate their own demonstration of relevant skills, techniques and processes relevant to the sector when planning and preparing complex, completed dishes in a comprehensive manner 	

Year 10 SpringTerm		
<p>Topics covered:</p> <ul style="list-style-type: none"> - Food provenance - Nutrient imbalances - Nutritional requirements for different groups of people - Health conditions - Intolerances - Allergies - Recipe amendment - Amending and developing recipes - Evaluating completed dishes - Hazard Analysis and Critical Control Point (HACCP) - Food transportation - Nutritional information on food labels 	<p>How it links to what has been studied before:</p> <p>Food and Cookery Level 1-2 combined builds on previous knowledge from studying Food tech in KS3. Students have previously learnt about healthy eating, hygiene, and had practice at cooking a range of healthy recipes.</p>	<p>How it links to what will be studied:</p> <p>The Level 1/2 Technical Award in Food and Cookery is designed for learners who want an introduction to food and cookery that includes a vocational and project-based element. The qualification will appeal to learners who wish to pursue a career in the food industry or progress onto further study</p>
<p>Key words:</p> <ul style="list-style-type: none"> ● fields ● orchards ● Polytunnels ● greenhouses ● arable farm – crops grown in fields ● organic farming – crops are grown without using ● artificial fertilisers ● pesticides ● herbicides ● nutrients ● Fibre ● Coronary Heart disease ● Diabetes ● Coeliac disease ● Intolerances ● Allergies ● social ● environmental ● Seasonality ● Food Standards Agency ● HACCP ● 	<p>Key skills:</p> <ul style="list-style-type: none"> ● Safe use of equipment including electrical equipment - mixers, food processors ● Control of heat - boiling, simmering, frying, baking ● Following more complex recipes ● Evaluation - reflection on practical work and experiments ● Research - primary and secondary research 	
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Year 10 Summer Term		
<p>Topics covered:</p> <ul style="list-style-type: none"> - Social factors - Environmental factors - Seasonality - Why food is processed - Advantages of processed food - Disadvantages of processed food - Why food is manufactured - Advantages of manufactured food - Disadvantages of manufactured food 	<p>How it links to what has been studied before:</p> <p>Food and Cookery Level 1-2 combined builds on previous knowledge from studying Food tech in KS3. Students have previously learnt about healthy eating, hygiene, and had practice at cooking a range of healthy recipes.</p>	<p>How it links to what will be studied:</p> <p>The Level 1/2 Technical Award in Food and Cookery is designed for learners who want an introduction to food and cookery that includes a vocational and project-based element. The qualification will appeal to learners who wish to pursue a career in the food industry or progress onto further study</p>
<p>Key words:</p> <ul style="list-style-type: none"> ● locality: ● urban ● ural ● accessibility: ● transport ● upbringing ● religious influences ● ethical beliefs ● vegetarian ● vegan ● Fairtrade ● economic: ● availability ● nutritional composition ● better welfare standards ● carbon footprint: ● Emissions ● food miles ● cost ● packaging ● spring ● summer ● autumn ● winter 		<p>Key skills:</p> <ul style="list-style-type: none"> ● Safe use of equipment including electrical equipment - mixers, food processors ● Control of heat - boiling, simmering, frying, baking ● Following more complex recipes ● Evaluation - reflection on practical work and experiments ● Research - primary and secondary research
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