

	LESSON 1	LESSON 2	LESSON 3
WEEK 9 wc 4 <sup>th</sup> November	<ul style="list-style-type: none"> <li>• Introduction into the commodity – cereals.</li> <li>• To understand and demonstrate good hygiene- Linked to food spoilage and high/low risk foods.</li> <li>• How this commodity processed.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the concept of provenance and how this commodity is grown.</li> <li>• To understand the different classifications of cereals.</li> <li>• Function of ingredients and science behind bread making.</li> </ul>	
WEEK 10 wc 11 <sup>th</sup> November	<b>Practical lesson – Focaccia bread (skills developed – 5, 6, 7, 8, 12, 16, 17, 18, 19, 20)</b>	<ul style="list-style-type: none"> <li>• Look further at processing of commodity- including primary and secondary processing.</li> <li>• Storage and food hygiene for this commodity.</li> </ul>	<ul style="list-style-type: none"> <li>• Look at rice milling and classifications.</li> <li>• Understand differences in plain and wholemeal flours.</li> <li>• Introduction to fibre and function in our diet.</li> </ul>
WEEK 11 wc 18 <sup>th</sup> November	<b>Practical lesson – Egg Fried rice (skills developed – 1, 2, 5, 6, 9, 10, 19, 20)</b>	<ul style="list-style-type: none"> <li>• To understand nutritional values and sources of cereals.</li> <li>• Introduction to dietary considerations linking to cereals (gluten-free, coeliac).</li> </ul>	
WEEK 12 wc 25 <sup>th</sup> November	<ul style="list-style-type: none"> <li>• Understand deficiencies linked to cereal sources.</li> <li>• Functions and daily requirements of cereals in our diet.</li> </ul>	<b>Practical lesson – Vegetable Samosa (skills developed 1, 2, 3, 5, 6, 12, 17, 19, 20)</b>	<ul style="list-style-type: none"> <li>• Food Science- coagulation, gluten formation, gelatinisation, dextrinization, retrogradation.</li> <li>• Use of raising agents in cereal recipes.</li> </ul>
WEEK 13 wc 2nd December	<ul style="list-style-type: none"> <li>• Recap on importance of cereals in our diet.</li> <li>• The process of pasta making.</li> <li>• How to cook and store pasta.</li> </ul>	<b>Practical lesson – Spinach &amp; Ricotta Ravioli/Fresh Tagliatelle (skills developed- 2, 5, 6, 8, 9, 17, 18, 19, 20)</b>	
WEEK 14 wc 9 <sup>th</sup> December	<ul style="list-style-type: none"> <li>• NEA Focus and assessment</li> </ul> <p>Introduce a written brief - to understand the interpretation of what is required.</p>	<ul style="list-style-type: none"> <li>• Conduct a yeast experiment –</li> </ul> <p>Write up results and conclusions from experiment.</p>	<ul style="list-style-type: none"> <li>• NEA 2 focus</li> </ul> <p>Plan a dish suitable for coeliac (Chocolate Brownie).</p>

WEEK 15 wc 16 <sup>th</sup> December	<ul style="list-style-type: none"><li>• NEA 2 focus</li></ul> Undertake independently the making of the dish previously planned	<ul style="list-style-type: none"><li>• NEA 2 focus</li></ul> Understand the use of a nutritional analysis program to calculate nutrients and analyse data.	
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## Food Preparation & Nutrition (Year 10)

Learning Intentions Autumn Term 2

2024- 2025