

Food Preparation & Nutrition - Year 10

Learning Intentions Spring Term 1

2024-2025

	LESSON 1	LESSON 2	LESSON 3
WEEK 16 wc 6 th January	<ul style="list-style-type: none"> • Introduction into the commodity – Meat, poultry, fish & eggs. • To understand and demonstrate good hygiene- Linked to food spoilage and high/low risk foods. • How this commodity is processed. 	<ul style="list-style-type: none"> • Understand the concept of provenance and how this commodity is reared. • To understand the different choices of meat and poultry available to the consumer. • Introduce ‘traceability’ linking to the EU law under this commodity. 	Practical lesson – Sweet and sour chicken (skills developed – 1, 2, 5, 6, 9, 13, 19, 20)
WEEK 17 wc 13 th January	<ul style="list-style-type: none"> • Look further at processing of commodity- including primary and secondary processing. • Storage and food hygiene. • Organic/non-organic farming- include red tractor, animal welfare. 	<ul style="list-style-type: none"> • Look at offal- uses and nutritional value. • Understand differences in nutritional value of meat and poultry. • Introduce fat soluble vitamins linking to meat consumption. 	
WEEK 18 wc 20 th January	Practical lesson – Lamb Kofta (skills developed – 2, 3, 5, 6, 11, 12, 19, 20)	<ul style="list-style-type: none"> • To understand storage for meat and fish products. • Introduction to choosing meat and poultry products. 	<ul style="list-style-type: none"> • Understand composition of meat. • Look at reasons for cooking meat and what happens during the cooking process.
WEEK 19 wc 27 th January	Practical lesson – Spaghetti & Meatballs (skills developed- 1, 2, 5, 6, 9, 13, 19, 20)	<ul style="list-style-type: none"> • Food Science- coagulation, caramelisation, gelatinisation, dextrinization, Maillard reaction. • Look at choices of fish and sustainability. 	
WEEK 20 wc 3 rd February	<ul style="list-style-type: none"> • To understand preparation and cooking methods for fish. • Look at fish preservation methods. • Recap at primary and secondary processing for meat and fish. 	Practical lesson – Thai Fish Goujons (skills developed – 1, 2, 3, 5, 6, 8, 10, 13, 15, 19, 20)	<ul style="list-style-type: none"> • The nutritional value of fish. • Introduction to eggs and egg farming. • Understanding egg grading.
WEEK 21 wc 10 th February	<ul style="list-style-type: none"> • Look at egg grading and cooking methods. • Understand the structure of an egg. • To understand the nutritional value of eggs. 	Spicy Middle Eastern Frittata (skills developed – 1, 2, 5, 6, 10, 12, 15, 19, 20)	