

Food Preparation & Nutrition - Year 10

Learning Intentions Spring Term 2

2024-2025

	LESSON 1	LESSON 2	LESSON 3
WEEK 22 wc 24 th February	PAZ revision (Meat, Fish, Cereals, Fruit & Veg)	PAZ Lesson	Practical lesson – Beef/Lamb Kofta (skills developed – 2, 3, 5, 6, 11, 12, 19, 20)
WEEK 23 wc 3 rd March	<ul style="list-style-type: none"> • Introduction to commodity – Milk, Cheese & Yoghurt. • Dairy as a high-risk food (why is treating milk important?). • How should dairy products be stored? Dried, cartons, unopened and opened cans, fresh, frozen, etc. 	<ul style="list-style-type: none"> • Debate local versus nationally distributed milk. • Understand the cost and impact on milk prices for farmers livelihood. • Look at food miles, food wastage and sustainability. • Understand nutritional value of dairy products. 	
WEEK 24 wc 10 th March	<ul style="list-style-type: none"> • How animals are fed, reared and milked. • Methods of preserving milk (drying, UHT, pasteurisation) make link to convenience foods. • Effect on nutritional content from processing. 	<ul style="list-style-type: none"> • The processing of cheese making. • Examples of secondary processing- milk to cream, yoghurt, cheese etc. • Types of milk, cream, and cheese available to the consumer. 	Practical Lesson- Yoghurt Pizza (skills developed- 5, 6, 7, 10, 16, 17, 18, 19, 20)
WEEK 25 wc 17 th March	<ul style="list-style-type: none"> • Nutritional needs through the ages. • Protein- High biological value dairy products. • Benefits of bacteria in the making of yoghurt, cheese, and other dairy products. 	<ul style="list-style-type: none"> • To link dairy alternative products to health trends (vegan diets). • To look at lactose as an intolerance. • Fat content of milk and heart health. 	
WEEK 26 wc 24 th March	Practical lesson – Butter Chicken & Yoghurt Naan (skills developed – 1, 2, 5, 6, 7, 9, 11, 13, 14, 19, 20)	<ul style="list-style-type: none"> • Food science- 1) Explain why milk is an emulsion. 2) Denaturation and coagulation of milk proteins. • Making cream, butter, and yoghurt (the science behind it). • Making cheese – use of rennet (curds and whey). 	Practical lesson – Mac & Cheese (skills developed – 1, 2, 5, 6, 7, 9, 11, 13, 14, 19, 20)
WEEK 27 wc 31 st March	Practical lesson – Hot Cross Buns (skills developed – 1, 2, 5, 6, 7, 9, 11, 13, 14, 19, 20)	<ul style="list-style-type: none"> • Revision of first four commodity/ End of Unit assessment. 	