

Year 10 Scheme

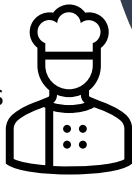
Assessment Objectives

- Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.
- Plan, prepare, cook and present dishes, combining appropriate techniques.
- Analyse and evaluation different aspects of nutrition, food, cooking and preparation including food made by themselves and others.

Food Choice

Factors affecting food choice

- Factors which influence food choice
- Food choices
- Food labelling and marketing influences
- British and international cuisines
- Sensory evaluation



Food Science

Cooking of food and heat transfer

- Why food is cooked and how heat is transferred to food
- Selecting appropriate cooking methods

Functional and chemical properties of food

- Proteins
- Carbohydrates
- Fats and Oils
- Fruit and Vegetables
- Raising Agents

Food Provenance

Environmental impact and sustainability of food

- Food Sources
- Food and the environment
- Sustainability of food



Food processing and production

- Food production
- Technological developments associated with better health and food production



Food Safety

Food spoilage and contamination

- Microorganisms and enzymes
- The signs of food spoilage
- Microorganisms in food production
- Bacterial contamination

Principles of food safety

- Buying and storing food
- Preparing, cooking and serving food

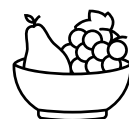
Food, nutrition and health

Macronutrients

- Protein
- Fats
- Carbohydrates

Micronutrients

- Vitamins
- Minerals
- Water



Nutritional needs and health

- Making informed choices for a varied and balanced diet
- Energy needs
- How to carry out nutritional analysis
- Diet, Nutrition and health

