

## Curriculum Overview

### Subject: Food Preparation and Nutrition

	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
<b>YEAR 10</b>	Food provenance Visit to a local farm  Practical: - 1. Fish fingers 2. Plan and present seasonal dish	Food Safety Type of food poisoning Food commodities - bread dough - cakes and sponges  Practical: - 1. Bread 2. NEA1 yeast experiment 3. Swiss roll development 4. Flapjacks	Food commodities - Eggs - Flour - Grains - Cheese  Practical: - 1. Mayonnaise 2. NEA1 gluten experiment 3. Pasta making 4. Cereal bars	Food commodities - Types pf meat - Poultry - Meat substitutes - Fish - Milk, cream and butter  Practical: - 1. Beef en croute 2. Chicken pie 3. Quorn lasagne 4. Fish goujons 5. Lemon flan	Food commodities - Pasta - Rice and pulses - Vegetables - Potatoes - Sauces  Practical: - 1. Ravioli 2. Stir fry 3. Dauphinoise potatoes 4. Coulis	NEA2 Plan, prepare and cook 2 dishes. Develop understanding of: - 1. Time plans 2. Research 3. Evaluations 4. Costings 5. Sensory analysis 6. Nutritional comparisons