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| Year 10 GCSE Food Preparation and Nutrition |  |
| **Enquiry Question: How do staple food contribute to our diet?** |
| **Unit 3 title: Staple foods** Students will explore how cereal crops are grown, processed and used in everyday meals. |
| **Knowledge**Students will know about… | **Application/Skills**Students will be able to… | Vocabulary*(Tier 2 and 3)* | Home Learning | Assessment | Extra ResourcesExtended Reading | Cultural Capital |
| Food hygiene and safety in cooking - especially rice dishes Health and dietary considerations Nutritional value of carbohydratesFood science – Function and chemical properties of ingredientsPreparing and cooking dishes with flour, and riceBread making and pasta makingFood processing and production of cerealsSensory analysisFood preparation techniques and cooking methods Packaging and storage methods |  Describe how cereal crops are grown and processed to make flour, bread and pasta.Explain the nutritional content of cereals and how they contribute to a balanced diet. Explain the function and chemical properties of ingredients.Prepare and make bread and pasta from scratchPrepare and cook using safe practices and cooking methods to produce good quality dishes. Modify and adapt meals for people with dietary needs such as coeliacs | DescribeStateDefineEvaluateExplainDiscussCultivateMillingDeficiency Raising agentGlutenProvingKneadingAldenteBacillus cereusCoeliacComplex carbohydrateNon starch polysacchrides | Seneca learning – topics and testsPractical evaluationsFuturechef Digital Academy tasksGCSE ETextbook activitiesResearchRecipe planning | End of unit testPractical assessments Recall test and quizzes | Eatwell Guide/ healthy eating<https://www.nhs.uk/live-well/eat-well>Culinary expertise:[www.bbcgoodfood.com](http://www.bbcgoodfood.com)<https://www.bbc.co.uk/food/dairy> | Spitalfields food market <https://www.spitalfields.co.uk/>Victoria Park Farmers market [victoriaparkmarket.com/](https://d.docs.live.net/14ce8f05e77a7e35/FoodTechResources/Curriculum%20overviews/Website/victoriaparkmarket.com/)  |