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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 Resources  Extended Reading | Cultural Capital |
| Food hygiene and safety in cooking - especially rice dishes  Health and dietary considerations  Nutritional value of carbohydrates  Food science – Function and chemical properties of ingredients  Preparing and cooking dishes with flour, and rice  Bread making and pasta making  Food processing and production of cereals  Sensory analysis  Food 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 scratch  Prepare 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 | Describe  State  Define  Evaluate  Explain  Discuss  Cultivate  Milling  Deficiency  Raising agent  Gluten  Proving  Kneading  Aldente  Bacillus cereus  Coeliac  Complex carbohydrate  Non starch polysacchrides | Seneca learning – topics and tests  Practical evaluations  Futurechef Digital Academy tasks  GCSE ETextbook activities  Research  Recipe planning | End of unit test  Practical 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 overviews/Website/victoriaparkmarket.com/) |