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| Year 10 GCSE Food Preparation and Nutrition |  |
| **Enquiry Question: How effective are protein alternatives in the diet?** |
| **Unit 6 title: Protein Alternatives - Soya, tofu, beans, nuts, seeds!** |
| **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 |
| Factors that affect food choicesHealth and dietary implications of protein alternatives (soya, tofu, beans, nuts, seeds) Classification and nutritional value of protein alternativesFood Provenance: Protein alternatives; how they are grown, processed, food miles, seasonalityFood hygiene and safetyFood preparation techniques and cooking methods – alternative proteinsFood science – Function and chemical properties of ingredients; quorn, aqafaba, Preparing and cooking vegetarian and vegan dishesSensory analysis and evaluation |  Describe how alternative proteins are produced and processed.Describe the factors that affect food choices Explain the nutritional content and, function of low and high biological value proteins in the diet.Plan meals for groups with different dietary needs; vegans, vegetarians, allergiesPrepare and cook using safe practices and cooking methods to produce good quality dishes. | DescribeExplain StateDiscussJustifyEffectiveComplementComposeHypothesisBiologicalLegumesPulsesAmino – acidsAqafabaMycoproteinAllergenAmbientLactose intolerant | Seneca learning – topics and testsPractical evaluationsRecipe planning Revision activities | Practical assessments Revision tasksEnd of year test | Eatwell Guide/ healthy eating<https://www.nhs.uk/live-well/eat-well>Alternative Proteins (meat and dairy free):<https://vegsoc.org/>https://www.quorn.co.uk/ttps://www.loveoggs.com/Culinary expertise:[www.bbcgoodfood.com](http://www.bbcgoodfood.com)<https://www.cauldronfoods.co.uk/> | Borough Market:<https://boroughmarket.org.uk/visiting-borough-market>  |