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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 Resources  Extended Reading | Cultural Capital |
| Factors that affect food choices  Health and dietary implications of protein alternatives (soya, tofu, beans, nuts, seeds)  Classification and nutritional value of protein alternatives  Food Provenance: Protein alternatives; how they are grown, processed, food miles, seasonality  Food hygiene and safety  Food preparation techniques and cooking methods – alternative proteins  Food science – Function and chemical properties of ingredients; quorn, aqafaba,  Preparing and cooking vegetarian and vegan dishes  Sensory 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, allergies  Prepare and cook using safe practices and cooking methods to produce good quality dishes. | Describe  Explain  State  Discuss  Justify  Effective  Complement  Compose  Hypothesis  Biological  Legumes  Pulses  Amino – acids  Aqafaba  Mycoprotein  Allergen  Ambient  Lactose intolerant | Seneca learning – topics and tests  Practical evaluations  Recipe planning    Revision activities | Practical assessments    Revision tasks  End 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> |