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| Year 10 GCSE Food Preparation and Nutrition |  | | | | | |
| **Enquiry Question: How do we make food choices?** | | | | | | |
| **Unit 5 title: Weighing it up - Fat and sugar!** | | | | | | |
| **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  Health and dietary implications – fats and sugar  Classification and nutritional value of Fats and sugars  Food Provenance -sugar cane, food miles  Food preparation techniques and cooking methods – Sauces, pastry and cake making  Food science – Function and chemical properties of fats and sugar  Preparing and cooking dishes with fat and sugar  Sensory analysis and evaluation | Describe how fat and sugar are produced and processed.  Explain the nutritional content, function and health implications of fat and sugar in the diet.  Explain the function and chemical properties of fats and sugar.  Describe ways to reduce fat and sugar in the diet.  Prepare and cook using safe practices and cooking methods to produce good quality food products.  Adapt and modify food products to improve health and quality | Describe  Explain  State  Discuss  Justify  Effective  Conduct  Hypothesis  Emulsification  Caramelisation  Dextrinization  Hydrogenation  Rancidity  Saturated  Fortification  Soluble  Diabetes  Obesity  Calories  Plasticity  Shortening  Crème patisserie  Hollandiase | Seneca learning – topics and test  Etextbook set activities  Practical evaluations - weekly  Develop food science glossary of terms linked to unit | Practical assessments  Mock NEA - Food investigation (sugar)  Recall tests  End of unit test | Eatwell Guide/ healthy eating  <https://www.nhs.uk/live-well/eat-well>  Food Science:  <https://www.ifst.org/lovefoodlovescience/resources/carbohydrates-caramelisation>  <https://www.ifst.org/lovefoodlovescience/resources/fats-and-oils>  Culinary expertise:  [www.bbcgoodfood.com](http://www.bbcgoodfood.com) | Fortnum and Mason Food Hall experience  <https://www.london-tourist-guide.com/en/shopping/department-stores/fortnum-and-mason.html> |