|  |  |
| --- | --- |
| 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 ResourcesExtended Reading | Cultural Capital |
| Food hygiene and safetyHealth and dietary implications – fats and sugar Classification and nutritional value of Fats and sugarsFood Provenance -sugar cane, food milesFood preparation techniques and cooking methods – Sauces, pastry and cake makingFood science – Function and chemical properties of fats and sugarPreparing and cooking dishes with fat and sugarSensory 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 | DescribeExplain StateDiscussJustifyEffectiveConductHypothesisEmulsificationCaramelisationDextrinizationHydrogenationRanciditySaturatedFortificationSolubleDiabetesObesityCaloriesPlasticityShorteningCrème patisserieHollandiase | Seneca learning – topics and test Etextbook set activitiesPractical evaluations - weeklyDevelop food science glossary of terms linked to unit | Practical assessmentsMock NEA - Food investigation (sugar)Recall testsEnd 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>  |