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| Year 10 GCSE Food Preparation and Nutrition |  | | | | | |
| **Enquiry Question: Where does our food come from?** | | | | | | |
| **Unit 1 title:** Food commodities 1: Fruit and vegetables  Students will explore the nutritional value and chemical properties of fruit and vegetables and understand how they are grown and processed. | | | | | | |
| **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  Diet and health and dietary considerations of different groups  Food science – Function and chemical properties of ingredients  Food provenance – Food growing, sustainability, processing  Nutritional value of fruit and vegetables  Food preparation techniques and cooking methods  Packaging and storage of food  Organic and non- organic food  Fruit and vegetable recipes and dishes | Describe different influences on the availability of food  Explain current healthy eating advice and list the nutrients in foods  State the function of nutrients  Explain how some fruits and vegetables are grown and processed  prepare and cook using the right equipment and processes to produce a good quality dish and prevent nutrient loss  implement the principles of food safety when preparing, cooking, clearing up and storing food,  State the function and properties of ingredients in recipes  Evaluate and modify food products | Describe  State  Define  Evaluate  Organic  Enzymic browning  oxidation  Commodity  Stock rotation  Seasonality  Processing  Mise En Place  Palatability  Classification  Culinary | Seneca learning – topics and tests  Practical evaluations  Costing food  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>  <https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/>  Culinary expertise:  [www.bbcgoodfood.com](http://www.bbcgoodfood.com)  <https://www.nhs.uk/change4life/recipes/>  Food Provenance:  <https://www.bbcgoodfood.com/howto/guide/easy-crops-kids-grow> | Tower Hamlets Food growing Network: <https://www.wen.org.uk/2019/10/23/sustainable-food/>  New Spitalfields Fruit and vegetable market: <https://newspitalfieldsmarket.co.uk/> |