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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 ResourcesExtended Reading | Cultural Capital |
| Food hygiene and safetyDiet and health and dietary considerations of different groupsFood science – Function and chemical properties of ingredientsFood provenance – Food growing, sustainability, processingNutritional value of fruit and vegetablesFood preparation techniques and cooking methods Packaging and storage of foodOrganic and non- organic foodFruit and vegetable recipes and dishes | Describe different influences on the availability of foodExplain current healthy eating advice and list the nutrients in foodsState the function of nutrientsExplain how some fruits and vegetables are grown and processedprepare and cook using the right equipment and processes to produce a good quality dish and prevent nutrient lossimplement the principles of food safety when preparing, cooking, clearing up and storing food,State the function and properties of ingredients in recipesEvaluate and modify food products | DescribeStateDefineEvaluateOrganicEnzymic browningoxidationCommodityStock rotationSeasonalityProcessingMise En PlacePalatabilityClassificationCulinary | Seneca learning – topics and testsPractical evaluationsCosting foodResearchRecipe planning | End of unit testPractical 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/>  |