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| Year 10 GCSE Food Preparation and Nutrition |  | | | | | |
| **Enquiry Question: Why do some proteins have high biological value?** | | | | | | |
| **Unit 4 title: Protein Foods!**  Students will gain knowledge about the nutritional content and chemical properties of protein foods. | | | | | | |
| **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 in cooking – high risk foods  Health and dietary considerations    Food provenance – meat, fish, poultry, eggs  Classification and nutritional value of proteins  Food preparation techniques and cooking methods - deboning chicken, filleting fish, meringues  Food science – Function and chemical properties of ingredients  Preparing and cooking dishes with fish, meat, poultry and eggs  Sensory analysis and evaluation | Describe how meat, poultry, fish and eggs are reared and produced  Explain the nutritional content and function of proteins in the diet.  Explain the function and chemical properties of ingredients.  Prepare and cook using safe practices and cooking methods and techniques to produce good quality dishes.  Explain the food safety hazards that can occur when preparing, cooking and storing meat, fish, poultry and eggs. | Describe  State  Define  Evaluate  Explain  Discuss  Hazard  Denaturation  Maillard reaction  Aeration  Foaming  Omega 3  Haem iron  Filleting  Connective tissue  Gelatine  Tenderise  Preservation | Seneca learning – topics and tests  Practical evaluations  Futurechef Digital Academy tasks  GCSE ETextbook activities  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>  Culinary expertise:  [www.bbcgoodfood.com](http://www.bbcgoodfood.com)  Eduqas GCSE Food - Preparation and cooking techniques videos  <https://resources.eduqas.co.uk/Pages/ResourceSingle.aspx?rIid=1222> | Smithfield Meat Market [www.smithfieldmarket.com/](http://www.smithfieldmarket.com/)  Billingsgate Fish Market  Address:  Trafalgar Way  London  E14 5ST |