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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 ResourcesExtended Reading | Cultural Capital |
| Food hygiene and safety in cooking – high risk foodsHealth and dietary considerations Food provenance – meat, fish, poultry, eggsClassification and nutritional value of proteinsFood preparation techniques and cooking methods - deboning chicken, filleting fish, meringuesFood science – Function and chemical properties of ingredientsPreparing and cooking dishes with fish, meat, poultry and eggsSensory 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. | DescribeStateDefineEvaluateExplainDiscussHazardDenaturationMaillard reactionAerationFoamingOmega 3Haem ironFilletingConnective tissueGelatineTenderisePreservation | Seneca learning – topics and testsPractical evaluationsFuturechef Digital Academy tasksGCSE ETextbook activitiesResearchRecipe planning | End of unit testPractical 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 MarketAddress:Trafalgar Way London E14 5ST  |