

Curriculum Map	Subject	Food	Year	10
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Unit	Summary	Skills	Assessment	British Values and SMSC	Career links	Cross-curricular links
Commodity 1: Fruit and vegetables	This first module provides students with a good introduction to the format of the course as well as most of the basic practical skills needed to complete the NEA2 element of the course.	Food preparation and cooking skills, such as knife skills, control of basic equipment (grater, peeler, kettle, can opener, sieve, whisk, etc.), control of oven, hob, grill, use of refrigeration, etc.	Low Stakes Starter Questions. End of half term assessment. Seneca Teams Quiz	Food Sourcing, Food Miles, Environmental impact. Family food values and traditions. Faith and religious diets. Respecting personal choice of diet	Chef Catering Hospitality Food Scientist Nutritionist Dietician	Science – Nutrition and Biology PE – Nutrition and Fitness RE – Religious diets and culture. MFL – Links to foreign foods and culture
Commodity 2: Milk, cheese and yoghurt	This module details food provenance for dairy as well as how cattle are reared. Processing and classification are also explored and investigated.	Food hygiene (including how to wash up, dry and store equipment). Key nutritional principles, including the eatwell plate, the importance of macronutrients (protein, fats, carbohydrates), micronutrients (vitamin and minerals), dietary fibre, water – all at a basic level.	Low Stakes Starter Questions. End of half term assessment. Seneca Teams Quiz	Food Sourcing, Food Miles, Environmental impact. Family food values and traditions. Faith and religious diets. Respecting personal choice of diet	Chef Catering Hospitality Food Scientist Nutritionist Dietician	Science – Nutrition and Biology PE – Nutrition and Fitness RE – Religious diets and culture. MFL – Links to foreign foods and culture
Commodity 3: Cereals (including flours, breakfast cereals, bread and pasta)	Dietary considerations are studied in this module as we study allergies, intolerances as well as religious	An awareness of dietary needs, e.g. at different life stages, vegetarians, allergies and religious considerations, etc.,	Low Stakes Starter Questions. End of half term assessment. Seneca Teams Quiz	Food Sourcing, Food Miles, Environmental impact. Family food values and traditions.	Chef Catering Hospitality Food Scientist Nutritionist Dietician	Science – Nutrition and Biology PE – Nutrition and Fitness RE – Religious diets and culture.

	diets and vegetarianism. Cereals from around the world are used in the practical element of this commodity.	and how dishes and meals can be planned to meet the needs of specific dietary groups		Faith and religious diets. Respecting personal choice of diet		MFL – Links to foreign foods and culture
Commodity 4 : Meat, fish, poultry, eggs	We begin to look deeper into the food science of our recipes and ensure that students are using the correct terminology throughout this module.	Simple ingredient function and food science terms, such as aeration, foaming, coagulation, etc. Familiarity with the basic principles of how to conduct a food science investigation.	Low Stakes Starter Questions. End of half term assessment. Seneca Teams Quiz	Food Sourcing, Food Miles, Environmental impact. Family food values and traditions. Faith and religious diets. Respecting personal choice of diet	Chef Catering Hospitality Food Scientist Nutritionist Dietician	Science – Nutrition and Biology PE – Nutrition and Fitness RE – Religious diets and culture. MFL – Links to foreign foods and culture
Commodity 5: Butter, oils, margarine, sugar and syrup	Nutritional values - including sources, functions, deficiencies, excess, daily requirements are looked at in depth for this module.	Knowledge and understanding of ingredients and food provenance. A growing awareness of social, moral, cultural and environmental issues. An ability to adapt and follow recipes using suitable ingredients and tools in order to prepare and cook a range of dishes.	Low Stakes Starter Questions. End of half term assessment. Seneca Teams Quiz	Food Sourcing, Food Miles, Environmental impact. Family food values and traditions. Faith and religious diets. Respecting personal choice of diet	Chef Catering Hospitality Food Scientist Nutritionist Dietician	Science – Nutrition and Biology PE – Nutrition and Fitness RE – Religious diets and culture. MFL – Links to foreign foods and culture

Commodity 6: Soya, tofu, beans, nuts, seeds	We pull together all the topics that have been taught in year 10 as well as completing a mock NEA1 and NEA2 during this last term.	Sensory testing and evaluation. Time management skills, including basic dovetailing when conducting practical tasks	Low Stakes Starter Questions. End of half term assessment. Seneca Teams Quiz			
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- 1 - Knife Skills
- 2 - Prepare fruits and vegetables
- 3 - Prepare, combine and shape
- 4 - Tenderise and marinade
- 5 - Select and adjust a cooking process
- 6 - Weigh and measure
- 7 - Preparation of ingredients and equipment
- 8 - Use of equipment
- 9 - Water based methods using the hob
- 10 - Dry heat and fat based methods using the hob
- 11 - Using the grill
- 12 - Using the oven
- 13 - Make sauces
- 14 - Set a mixture - removal of heat (gelation)
- 15 - Set a mixture - heating (coagulation)
- 16 - Use of raising agents
- 17 - Make a dough
- 18 - Shaping and finishing a dough
- 19 - Test for readiness
- 20 - Judge and manipulate sensory properties

