

Welcome to..... y10 Food Technology

In years 10 the Department offers opportunity to hone practical skills while learning the science behind the cooking. The topics students study and the products they prepare and dedicated theory time are related to a written examination in year 11, Students are encouraged to use a wide range of tools and equipment independently and experiment with ingredients to improve a practical outcome. Research tasks will be issued to develop independent study Towards the end of year 10 students will do a practice NEA ,

Course Breakdown

Term 1	Learning will be about fruit and vegetables including potatoes. This will include farming and processing. Nutritional values and dietary requirements. You will learn to cook a variety of dishes using these ingredients. These may include Chow Mein, Cottage pie, Carrot cake Links with Geography and science
Term 2	This term learning will focus on milk, cheese and yogurt and you will prepare dishes to support knowledge of these commodities. You will understand how these foods are produced and about local versus imported. You will make cheese yogurt and cream and learn the science behind production. Links with Geography and science
Term 3	Cereals including flours, bread, pasta and breakfast cereal are the commodity this term. You will learn about different grains , how they are grown and how they are different and how to use them. You will learn how to cook a range of dishes such as Samosas, Ravioli, enriched doughs. Pastry Links with Geography ,science , Cad Cam,
Term 4	The commodities featured this term are meat fish poultry and eggs. You will learn how to cook with these foods and how the structure of protein is changed through making dishes such as meringues, chicken gougons, curry, Thai fish cakes and sweet chilli sauce. Other topics covered will be the moral and religious considerations around meat eating, and dietary requirements. Links with Geography ,science, PSHE
Term 5	Learning this term focuses on butter, Oils,sugars and syrups. You will learn about the properties of different fats and the nutritional values. The empty calories in sugars and syrups Cooking will include puff pastry, sauces, swiss roll. There will be a practice NEA research task on one of these products to prepare for year 11 Links with Geography ,science, PSHE
Term 6	In a world where food production is changing this term you will learn about Soya, Tofu Beans nuts and seeds. You will cover allergies, nutrition, why these products have become more popular and how to cook them including Lentil and bean bolognaise or chilli, Tofu curry Links with Geography ,science, PSHE

Revision Resources

- <https://www.bbc.co.uk/bitesize/subjects/jHomeEconomics:FoodandNutrition> (CCEA)This covers core
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- information on all key topics.
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- [https://app.senecalearning.com/courses? Eduquas food preparation and nutrition](https://app.senecalearning.com/courses?Eduquas%20food%20preparation%20and%20nutrition)