

Year 10 – Food, Preparation and Nutrition

Throughout the year you will partake in a wide variety of practical and theory lessons, both based on the OCR Food, Preparation and Nutrition course. This year is focussed on gaining the theoretical side of the specification with building on your skills that you have learnt in KS3. The practical tasks will go along side what you have learnt alongside the theoretical element of the course.

	What will I learn?	How will I learn it?	Why is it important I know this?	Why am I learning this now?
Year 10 Half Term 1 and 2	<p><u>Introduction to the course and Section A - Nutrition</u> You will be introduced to the OCR Food, Preparation and Nutrition GCSE course.</p> <p>You will begin the year by starting off with primarily theory lessons. This is to ensure that you understand the role that Nutrition, Food Provenance, Food Choice, Cooking and Food Preparation has in our foods/dishes we consume.</p> <p>Each term we will focus on a different aspect of the OCR Specification (see below for Half Term 3 – 6).</p> <p>Section A – Nutrition</p> <ul style="list-style-type: none"> - Macro/micronutrients - Energy balance 	<p>Through a range of theory & practical lessons.</p> <p>Memory & re-call from what you have learnt in KS3.</p> <p>End of unit assessments each half term to consolidate knowledge. By doing assessments, it will help you to understand how exam questions are written as well as how to improve your writing style.</p> <p>You will complete a range of practical lessons which will help you to understand what role ingredients have in different dishes. This will be building on what you have learnt in Year 9.</p>	<p>Build up a range of practical skills which aid towards NEA2 in Year 11.</p> <p>Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.</p> <p>With theory, the more practise you have at using the knowledge learnt and also practising answering exam style questions, the more successful you will be in examinations.</p>	<p>The knowledge learnt in Year 10 will help you to understand the content of the specification as well as understanding of the key factors of Food, Preparation and Nutrition.</p> <p>In KS3 we teach you the basics of Nutrition, Food Provenance, Food Choice & Cooking and Preparation, during your GCSE you will build on this knowledge further and use this foundation of knowledge in a deeper way.</p>

	<ul style="list-style-type: none"> - Nutritional needs for different diets - Nutritional needs for different recipes <p>Section D – Skills requirements: preparation and cooking techniques</p>			
Year 10 Half Term 3 and 4	<p><u>Section B - Food provenance and food choice</u></p> <ul style="list-style-type: none"> - Food provenance - Food processing - Food security - Technological developments - Culinary traditions - Food choices <p>You will learn a wide range of theory topics which practical lessons to go alongside them.</p> <p>Section D – Skills requirements: preparation and cooking techniques</p>			
Year 10 Half Term 5 and 6	<p><u>Section C - Cooking and food preparation</u></p> <ul style="list-style-type: none"> - Food safety - Food science - Sensory properties 			

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