

FOOD TECHNOLOGY YEAR 10 CURRICULUM MAP

Autumn Term 1: September – October						Autumn Term 2: November – December							
Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical		
<ul style="list-style-type: none"> • Healthy Eating guidelines • Proteins • Fats 	Hummus, pepper and grated carrot pockets	<ul style="list-style-type: none"> • Carbohydrates 	potato wedges	<ul style="list-style-type: none"> • Vitamins water soluble • Vitamins fat soluble 	Parmesan chick nuggets	<ul style="list-style-type: none"> • Minerals and trace elements • Fibre and water 	Chicken stir fry	<ul style="list-style-type: none"> • Nutritional needs of different age groups 	Fruity flap jacks	<ul style="list-style-type: none"> • Dietary related health problems 	Quiche	<ul style="list-style-type: none"> • Summative assessment 	Ginger bread people

Spring Term 1: January - February						Spring Term 2: March					
Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical
<ul style="list-style-type: none"> • Why food is cooked? • Heat transfer 	Chicken fajitas	<ul style="list-style-type: none"> • Cooking methods: Water based and fat based 	Pizza rolls	<ul style="list-style-type: none"> • cooking methods: dry method 	Tuna and broccoli pasta	<ul style="list-style-type: none"> • Changing properties: proteins 	American pancakes	<ul style="list-style-type: none"> • Changing properties: fats and oil 	Apple and sultana crumble	<ul style="list-style-type: none"> • Raising agents • Summative assessment 	Cauliflower cheese

Summer Term 1 : April - May						Summer Term 2 : June – July					
Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical
<ul style="list-style-type: none"> • Food spoilage • Sorting food safely 	Chelsea buns	<ul style="list-style-type: none"> • Preparing food safely • Food poisoning 	Homemade burger	<ul style="list-style-type: none"> • Using microorganisms • Summative assessment 	Cheesy scones	<ul style="list-style-type: none"> • Influences on food choice • British and international cuisines 	Vegetable samosa	<ul style="list-style-type: none"> • Cultural, religious and moral food choices • Influences of marketing 	Simple spring rolls	<ul style="list-style-type: none"> • Food labelling • Summative assessment 	potato and chicken curry

Theory work taken from CGP GCSE Food preparation and nutrition AQA revision guide and exam practice workbook.