

**Overview:**

Students complete practical work and theory tasks to gain an understanding of the 6 groups of different commodities, they research, plan and evaluate dishes related to the commodities, as they will in year 11 for NEA 2.

Students will also complete practical investigations and practice writing up investigations as preparation for the investigation NEA 1 task in year 11.

**YEAR 10****FOOD PREPARATION AND NUTRITION****Term 1:**

A recap of health and safety is taught to ensure that you understand how to work in the kitchen and a reminder is given of what is expected over the next 2 years.

Practical work will take place involving the use of two different groups of commodities fruit and vegetables in the first half term and dairy products in the second half term. Theory work will take place which will enable you to understand the nutrition, provenance (where they come from), classification and production of the commodities.

You will also plan dishes as you will in year 11 for NEA2, based on a theme of the use of fruit and vegetables in the first half term and dairy products in the second half term which consider special diets related to the commodities.

Investigations will be carried out to practice for NEA 1 in year 11 involving fruit and vegetables and dairy products.

**Term 3:**

Practical work will take place involving the use of two different groups of commodities in the first half term, butter, oils, margarine, sugar and syrup and soya, tofu, beans, nuts, and seeds in the second half term. Theory work will take place which will enable you to understand the nutrition, provenance (where they come from), classification and production of the commodities.

You will also plan dishes as you will in year 11 for NEA2, based on a theme of the use of butter, oils, margarine, sugar and syrup in the first half term and soya, tofu, beans, nuts and seeds in the second half term which consider special diets related to the commodities.

Investigations will be carried out to practice for NEA 1 in year 11 related to the commodities.

An understanding of food science related to these commodities will be taught through the investigations to gain knowledge for year 11.

**Term 2:**

Practical work will take place involving the use of two different groups of commodities Cereals, flour, bread and pasta in the first half term and meat, fish, poultry, eggs in the second half term. Theory work will take place which will enable you to understand the nutrition, provenance (where they come from), classification and production of the commodities.

You will also plan dishes as you will in year 11 for NEA2, based on a theme of the use of Cereals, flour, bread and pasta in the first half term and meat, fish, poultry, eggs in the second half term which consider special diets related to the commodities.

Investigations will be carried out to practice for NEA 1 in year 11 related to the commodities.

An understanding of food science related to these commodities will be taught through the investigations to prepare knowledge for year 11.

