

Year 10 Curriculum Route map

Week		Curriculum Coverage	Practical's	Key assessment
7 Sept	1	<u>Overview of macronutrients and their role in the human body.</u> <u>Carbohydrates</u> <ul style="list-style-type: none">The dietary functions of carbohydrates in the body.Understand the scientific principles related to carbohydrates: <u>Protein</u> <ul style="list-style-type: none">The dietary functions of protein in the body:Understand the scientific principles related to protein: <u>Fats</u> <ul style="list-style-type: none">The dietary functions of fat in the bodyUnderstand the scientific principles related to fats and oils	<ul style="list-style-type: none">Sticky toffee puddingSweet and sour chickenGelatinisation investigationThai curryFishcakesQuiche	<u>Seneca</u> <ul style="list-style-type: none">2.1.3 Fats2.1.4 Carbohydrates2.1.5 Carbohydrates 23.2.1 Protein and carbohydrate3.2.2 Fats and oils
14 Sep	2			
21 Sep	3			
28 Sep	4			
5 Oct	5			
12 Oct	6			
19 Oct	7			
26 Oct		Mid term break		
2 Nov	8	<ul style="list-style-type: none">The role of micronutrients in the body and the importance of waterCurrent nutritional guidelines on maintaining weight and living an active, balanced lifestyle.Current nutritional needs for all age groupsAdapting and planning effective meals for different dietary groups.	<ul style="list-style-type: none">CarbonarraPractical assessmentLasagneFish pieApple pieYule log	<ul style="list-style-type: none">Practical assessmentReview of macronutrients<u>Seneca</u>2.2.1 Fat soluble vitamins2.2.2 Water soluble vitamins2.2.3 minerals and water2.3 Nutritional needs and life stages
9 Nov	9			
16 Nov	10			
23 Nov	11			
30 Nov	12			
7 Dec	13			
14 Dec	14			
21 Dec		Christmas break		
28 Dec				
4 Jan	15	<ul style="list-style-type: none">Energy requirements for humans and sources of energyThe impact on diet related diseases on the human bodyUnderstand how heat is transferred and evaluation of different cooking methodsMicrobiology, food safety and the good kitchen practices	<ul style="list-style-type: none">RavioliCheesecakeBurgersChelsea bunsVictoria spongeTart TatinChicken Supreme	<u>Seneca</u> <ul style="list-style-type: none">5.1.1 Factors which influence food choice5.1.2 Food choices3.1 Cooking of food and heat transfer
11 Jan	16			
18 Jan	17			
25 Jan	18			
1 Feb	19			
8 Feb	20			
15 Feb		Mid term break		
22 Feb	21	<ul style="list-style-type: none">The use of microbes in food productionFactors affecting food choice for the consumerResearching International cuisinesHow marketing and labelling impacts on food choiceEnvironmental impacts of food production and sustainability of food	<ul style="list-style-type: none">ProfiterolesLemon Meringue PiePractical assessment x3Chicken Pie	<ul style="list-style-type: none">Diet nutrition and healthMicronutrients assessorPPEPractical assessment<u>Seneca</u>5.1.3 Food labelling and market influences
1 Mar	22			
8 Mar	23			
15 Mar	24			
22 Mar	25			
29 Mar	26			

				<ul style="list-style-type: none">5.1.4 Food labelling and market influences	
5 Apr		Easter Break			
12 Apr					
19 Apr	27	<ul style="list-style-type: none">Food production systems and Primary and secondary processingFortification of foodPlanning for year 11 → NEA2 practical task	<ul style="list-style-type: none">NEA1 investigationMock NEA2 practical tasksPractical assessments	<ul style="list-style-type: none"><u>Seneca</u>6.1 Environmental impact and sustainability of food6.2 Food processing and productionKnowledge assessment of food safety, food choice and sustainability.End of year assessment	
26 Apr	28				
3 May	29				
10 May	30				
17 May	31				
24 May	32				
31 May		Mid term break			
7 Jun	33	Preparing for year 11 → NEA1 task and how to carry out a food investigation <ul style="list-style-type: none">➔ Research➔ Investigation➔ Analysis and conclusions	<ul style="list-style-type: none">Mock NEA1➔ Designing the best luxury chocolate chip cookie	<ul style="list-style-type: none">Mock NEA1	
14 Jun	34				
21 Jun	35				
28 Jun	36				
5 Jul	37				
12 Jul	38				
19 Jul	39				