

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>		
14 Sep	2	<u>Carbohydrates</u> <ul style="list-style-type: none">• The dietary functions of carbohydrates in the body.• Understand the scientific principles related to carbohydrates:	<ul style="list-style-type: none">• Sticky toffee pudding• Sweet and sour chicken• Gelatinisation investigation• Thai curry• Fishcakes• Quiche	<u>Seneca</u> <ul style="list-style-type: none">• 2.1.3 Fats• 2.1.4 Carbohydrates• 2.1.5 Carbohydrates 2• 3.2.1 Protein and carbohydrate• 3.2.2 Fats and oils
21 Sep	3			
28 Sep	4			
5 Oct	5	<u>Protein</u> <ul style="list-style-type: none">• The dietary functions of protein in the body:• Understand the scientific principles related to protein:		
12 Oct	6			
19 Oct	7	<u>Fats</u> <ul style="list-style-type: none">• The dietary functions of fat in the body• Understand the scientific principles related to fats and oils		
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 water• Current nutritional guidelines on maintaining weight and living an active, balanced lifestyle.• Current nutritional needs for all age groups• Adapting and planning effective meals for different dietary groups.	<ul style="list-style-type: none">• Carbonarra• Practical assessment• Lasagne• Fish pie• Apple pie• Yule log	<ul style="list-style-type: none">• Practical assessment• Review of macronutrients• <u>Seneca</u>• 2.2.1 Fat soluble vitamins• 2.2.2 Water soluble vitamins• 2.2.3 minerals and water• 2.3 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 energy• The impact on diet related diseases on the human body• Understand how heat is transferred and evaluation of different cooking methods• Microbiology, food safety and the good kitchen practices	<ul style="list-style-type: none">• Ravioli• Cheesecake• Burgers• Chelsea buns• Victoria sponge• Tart Tatin• Chicken Supreme	<u>Seneca</u> <ul style="list-style-type: none">• 5.1.1 Factors which influence food choice• 5.1.2 Food choices• 3.1 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 production• Factors affecting food choice for the consumer• Researching International cuisines• How marketing and labelling impacts on food choice• Environmental impacts of food production and sustainability of food	<ul style="list-style-type: none">• Profiteroles• Lemon Meringue Pie• Practical assessment x3• Chicken Pie	<ul style="list-style-type: none">• Diet nutrition and health• Micronutrients assessor• PPE• Practical assessment <u>Seneca</u> <ul style="list-style-type: none">• 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 processing Fortification of food Planning for year 11 → NEA2 practical task 	<ul style="list-style-type: none"> NEA1 investigation Mock NEA2 practical tasks Practical assessments 	<ul style="list-style-type: none"> <u>Seneca</u> 6.1 Environmental impact and sustainability of food 6.2 Food processing and production Knowledge 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	<p>Preparing for year 11 → NEA1 task and how to carry out a food investigation</p> <p>→ Research</p> <p>→ Investigation</p> <p>→ Analysis and conclusions</p>	<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			