



Food Preparation and Nutrition



Archdiocese of Liverpool

Curriculum intent:

Food Preparation and Nutrition at St Gregory's equips learners with the knowledge, understanding, and skills required to cook and apply the principles of nutrition and healthy eating. We encourage learners to cook, make informed choices about food in order to be able to feed themselves and others affordably and nutritiously, now and later in life. Drawing on disciplines such as Mathematics, Science, and Geography, pupils learn how to become resourceful, considerate, and capable citizens. High quality food education makes an essential contribution to the moral, cultural, health and well-being of the nation.

Year 10

TERM 1

Content

Health safety & hygiene review
HACCP

Principals of nutrition – carbohydrates, simple & complex, chemical makeup, impact of deficiency and excess, farmed foods, changing properties of carbohydrates, primary and secondary processing.

Concepts and Skills

Pupils will develop knowledge of the skill & apply that knowledge through the practical application.

Changing properties of carbohydrates through, sauce making, pasta dishes, dough making including pasta, bread, pastry & biscuits, sponges and fatless sponges pasta dishes and rice dishes.

TERM 2

Principals of nutrition – protein, HBV & LBV, chemical makeup, impact of deficiency and excess, farmed foods, changing properties of proteins, primary & secondary processing.

Principals of nutrition – fat, saturated & unsaturated, omega 6 & 3, chemical makeup, impact of deficiency and excess, sources, primary & secondary processing.

Pupils will develop knowledge of the skill & apply that knowledge through the practical application.

Changing properties of proteins through, cooking with a range of HBV and LBV ingredients, safe handling and cooking of high risk foods, coating and layering & shaping.

TERM 3

Principals of nutrition – micronutrients – vitamins including fat & water soluble, minerals & trace elements. Impact of deficiency and excess, sources.

Factors affecting diet including: special dietary needs, ethical and religious diets, allergies & intolerances.

UK and interational staple foods.

Pupils will develop knowledge of the skill & apply that knowledge through the practical application.

Focus on skills dvelopment and prsentation of dishes, including pastry making, crème patissiere, gelatinisation, jointing of a chicken.

