



SUBJECT	Food	YEAR	10
<p>Why do we study Innovations - Food?</p> <p>The curriculum in this subject provides students with the knowledge to think creatively in order to solve problems to meet the needs of society and the wider world.</p>			
What you have learned before	What you will learn this year	Where you can read more	
GCSE Food preparation and Nutrition (OCR J309)			
<p>Principles of nutrition and health.</p> <ul style="list-style-type: none"> • Macro and micro-nutrients • 5 a day campaign • Traffic light labelling of foods. 	<p>Principles of nutrition and health.</p> <ul style="list-style-type: none"> • The relationship between diet and health. • Nutritional needs of different groups of people and different food commodities. • Energy balance • Macro and micro nutrients • Water in the diet 	<p>OCR GCSE Food preparation and nutrition -Val Fehners</p> <p>www.foodafactforlife</p> <p>Macro and micro nutrients</p>	
<p>Cooking and food preparation including health, hygiene and safety.</p> <ul style="list-style-type: none"> • Temperature control used within food storage, preparation and cooking. • Application of hygiene and safety practices in all practical sessions. 	<p>Cooking and food preparation including health, hygiene and safety.</p> <ul style="list-style-type: none"> • Food safety practices for buying, storing, preparing, cooking and reheating foods • Food spoilage. • How food can cause ill health. 	<p>Food safety-The good practice guide level 2</p> <p>OCR GCSE Food preparation and nutrition -Val Fehners</p> <p>www.foodafactforlife</p> <p>Food poisoning bacteria, food safety and hygiene</p> <p>www.stem.org.uk/gcse-food-preparation</p>	
<p>Skills, techniques and processes.</p> <ul style="list-style-type: none"> • Using different tools and equipment to make quality dishes • Practical work that develops medium/high practical skills • Understanding and applying the science behind food. 	<p>Skills, techniques and processes.</p> <ul style="list-style-type: none"> • Knife skills, preparation techniques, cooking methods. • Practical skills that develop medium/high practical skills. • Presentation techniques and portion control. 	<p>Eduqas GCSE Food preparation and nutrition -Alison Clough - Halstead, Fiona Dowling, Victoria Ellis, Jayne Hill, Bethan Jones</p> <p>www.foodafactforlife.org</p> <p>Knife skills, Methods of cooking,</p> <p>Reading cookery books and food magazines</p> <p>www.stem.org.uk/gcse-foodpreparation</p>	
<p>Food provenance and food choice.</p> <ul style="list-style-type: none"> • Factors that can affect food choice. • Culinary traditions and cultures. 	<p>Food provenance and food choice.</p> <ul style="list-style-type: none"> • Factors affecting food choice • Cultural, culinary traditions • Technological developments in health and food production. • Food security • Food source and supply • Food processing and production. 	<p>AQA Food preparation and nutrition -Alex Richus, Bev Saunder, Yvonne Mackey</p> <p>www.foodafactforlife.org</p> <p>Food provenance. Food security</p> <p>www.stem.org.uk/gcse-foodpreparation</p>	