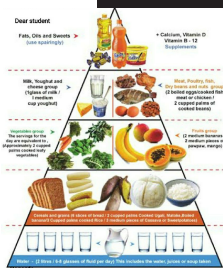


Y10 F&N Term 1- Learning journey (16 lessons)

KEYWORDS- Nutrition, Macro & Micronutrients, vitamins, carbohydrates

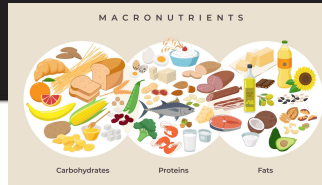
LO.1.

- know how the GCSE course is constructed / marked
- have an understanding of key nutritional terms.



LO.2.

- what Macronutrients are
- what foods you eat fall into the different categories



LO.3.

- what Vitamins (Micronutrients) are and
- what they do for the human body

The image below shows the various food sources of micronutrients.



LO.4.

- what protein is.
- which foods contain protein
- what protein complementation is



LO.5.

- Why are there different types of pastry?
- why they are used for different food products
- how to identify different pastries



LO.9.

- what a raising agent is.
- the different types of raising agents
- what foods they are used in.

LO.8.

- how to evaluate the success of your cooking.
- why it is important to get feedback from others.
- how your food could be improved next time!



LO.7.

- how to form and shape a mixture.
- how to roll out the pastry.
- how to finish an item and apply a glaze



LO.6.

- how to form a pastry dough.
- why it is important NOT to melt the butter.
- why the dough is folded

Ingredients
110g plain flour
¼ tsp fine salt
125g unsalted butter, cold but not rock hard
75ml ice-cold water



LO.10.

- what carbohydrates are and what they do.
- the purpose of sugars



LO.12 & 13.

- how to make an enriched dough.
- why yeast is activated.
- what key ingredients an enriched dough is made from.

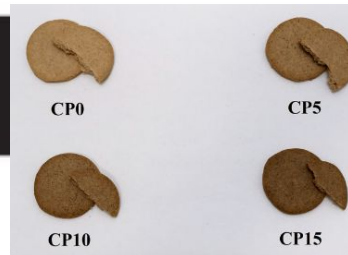
Knowledge / Key words
Apply skills in making an enriched dough using lean dough ingredients plus fat and sugar.

Ingredients
• 220g strong white flour
• Dried yeast (1 tsp)
• Caster sugar (25g)
• Unsalted butter (25g)
• Egg (x1)
• Milk (125ml)

Chelsea buns

LO.14.

- how to evaluate the success of your cooking.
- why it is important to get feedback from others.
- how your food could be improved next time!



LO.15.

- conduct a sensory evaluation
- review the differences between 3 types of biscuits

AQA

Please write clearly in block capitals.
Centre number:
Candidate number:
Surname: _____
Forename(s): _____
Candidate signature: _____

GCSE
FOOD PREPARATION AND NUTRITION
Paper 1 Food Preparation and Nutrition

LO.16.

- evaluate and review work
- complete 2 exam questions
- complete a Seneca based on theory covered this term.

GCSE PROGRESSION

A-level, T-levels courses or Apprenticeships in catering, food preparation etc. Also workplace courses such as Level 3 VTQs where students work and study at the same time.