FOOD Year 10 Curriculum Roadmap

Summer Holidays

SUMMER TERM 1: Food Safety

Principles of food safety, personal hygiene importance, temperature control, religion food influences

Half Term

End of Unit Assessment

SUMMER TERM 2: Food Choice

British cuisine, and two other international cuisines, sensory testing carried out on food products

Easter Holidays

SPRING TERM 2: Food Science

Practicals, properties of carbohydrates, key terms, food spoilage and contamination, micro-organisms in food production

End of Unit Assessment

End of Unit Assessment

Half Term

SPRING TERM 1: Food Science

Reasons why food is cooked, cooking methods, importance of steaming, learn key terms

Christmas Holidays

AUTUMN TERM 1: Food, nutrition and health

Learn functions of protein, fat, carbs, fat and water soluble vitamins in body, main sources and understand effects of deficiency and excess

End of Unit Assessment

Half Term

AUTUMN TERM 2: Food, nutrition and health

Functions of antioxidant vitamins, minerals, name food sources of them, recall the DRVs for them

End of Unit Assessment

ALL SAINTS CATHOLIC COLLEGE

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