



Achievement Cycle Overview

Curriculum: Food Preparation & Nutrition

**Excellence.
No Excuses.**

Year	AC1	AC2	AC3	AC4
10	<p>Topic Overview: Topic: Nutrition Covering: the relationship between diet and health, food science, types and function of different nutrients in a product, emulsion, dough, methods of preservations.</p> <p>NC links: Principles of nutrition and health: Understanding the relationship of the diet on health, understanding properties of Micro- and Macro Nutrients. Healthy and varied diets: Producing a range of health and variety products. Linking to the culinary traditions. Cooking Techniques: preparing ingredients; using utensils and electrical equipment; applying heat in different ways; sensory analysis; adapting and using their own recipes. Understanding ingredients: Understanding the function of the nutrient in the product.</p> <p>GCSE Links: Nutrition: the relationship between diet and health; proteins; carbohydrates; oils and fats; energy balance; dietary need if different group of people. Food (food provenance and Food choice): Culinary traditions; source and supply. Cooking and food preparation: Food science (i.e. Emulsion); food safety and sensory properties. Skills required (preparation and cooking techniques): Preparation and Techniques; knife skills; cooking methods; sauces; dough; Judgement & Manipulation.</p>	<p>Topic Overview: Topic: Food provenances and science Covering: Food security; Structure of meat and grain; factors influence food choices; flour investigation; processing and production of fruit and vegetables; source and supply.</p> <p>NC links: Principles of nutrition and health: how processing change the nutritional value of a nutrient. Healthy and varied diets: creating a range of health variety products. Cooking Techniques: preparing ingredients; using utensils and electrical equipment; applying heat in different ways; sensory analysis; adapting and using their own recipes. Understanding ingredients: understanding the food sustainability; source; and function.</p> <p>GCSE Links: Nutrition: Nutrients in food; protein; carbohydrates. Food (food provenance and Food choice): Food security; processing and processing; NEA1 – food investigation. Cooking and food preparation: Food science; sensory properties. Skills required (preparation and cooking techniques): preparation and techniques; knife skills; cooking methods; sauces; raising agents; dough; and judge and manipulate sensory properties.</p>	<p>Topic Overview: Topic: Special dietary needs Covering: Dietary need of different need of different group of people; factors influences food choices: relationship between diet and health; linking to NEA2 – food preparation task.</p> <p>NC links: Principles of nutrition and health: Understanding special dietary needs and the impact to health. Healthy and varied diets: producing a Teenagers healthy diets, considering food allergens and intolerances. Cooking Techniques: preparing ingredients; using utensils and electrical equipment; applying heat in different ways; sensory analysis; adapting and using their own recipes. Understanding ingredients: considering food seasonality.</p> <p>GCSE Links: Nutrition: Dietary need of different groups of people; selecting recipes. Food (food provenance and Food choice): Factors influencing food choices. Cooking and food preparation: Food safety; sensory properties. Skills required (preparation and cooking techniques): preparation and techniques; knife skills; cooking methods; dough; and judge and manipulate sensory properties.</p>	<p>Topic Overview: Topic: Introducing skills for NEA 1 and 2. Covering: Costings; modifying and recipe; working out nutritional values of a product; sensory analysis; time-plans; food sustainability; heat transfer.</p> <p>NC links: Principles of nutrition and health: Working out nutritional values and challenging portion size. Healthy and varied diets: producing sweet and savoury products. International cuisine. Cooking Techniques: preparing ingredients; using utensils and electrical equipment; applying heat in different ways; sensory analysis; adapting and using their own recipes. Understanding ingredients: understanding the characteristics of the product.</p> <p>GCSE Links: Nutrition: Selecting recipes; Energy balance; nutrients in food. Food (food provenance and Food choice): Factors influence food choices; culinary traditional; food security and sustainability. Cooking and food preparation: Sensory properties. Skills required (preparation and cooking techniques): Preparations and techniques; knife skills (how to portion a chicken); Set a mixture raising agents.</p>