

High Tunstall College of Science Curriculum Intent

Subject: Food & Nutrition Year: 10 Half term: Autumn 1.1



Topic: Food commodities—fruit & vegetables.

Food safety and hygiene

	Food and Nutrition	Progress		
Topic	Key ideas	R	A	G
Food commodities	I can describe how to achieve food safety and hygiene in the food kitchen and ex-			
	I can demonstrate how to slice julienne style, create a tomato flower and ribbons			
	I can demonstrate how to create an apple swan and explain what oxidation is and			
	I can explain what coagulation is and the importance of vegetables within the diet			
	I can demonstrate the all in one method and explain what aeration means when making a sponge. I can explain the functions of ingredients including using tinned fruits and why this is sometimes the most sensible option			
	I can demonstrate the creaming and folding method. I can explain how to preserve			

Lesson	Learning Focus	Assessment	Key Words
1	Can you explain the key temperatures—fridge, freezer, holding and danger zone? Can you explain binary fission and the speed at which this happens at different temperatures?	ILO: 4 tasks available to complete (one per week)	Hygiene, safety, temperature, fridge, freezer, holding, danger zone, bacteria, binary fission
2	Can I demonstrate how to julienne cut and ribbon a carrot using my precise knife skills? Can I use my knife to create a tomato flower? Can I explain the importance of presentation of food dishes?	Practical product, photographs, Q&A	Knife skills, precision, accuracy, julienne, ribbons, flower, fruit and vegetables
3	Can I follow a step by step demonstration to create an apple swan using precise knife skills? Can I explain oxidation and how to slow it down?	Practical product, photographs, Q&A, ILO	Apple swan, knife skills, precision, oxidation, lemon juice, submerge, water
4	Can I explain the value of vegetables within the diet? Can I explain what coagulation means and give examples of this	Formative questioning, practical, ILO	1/3, vegetables, vitamins and minerals, good health, coagulation,
5.	Can I demonstrate the all in one method? Can I explain what aeration means and how you aerate a mixture? Can I explain what seasonality is?	Practical product, photographs, Q&A, ILO	Tinned fruit, coagulation, seasonality, all in one, sponge, functions of ingredients,
6.	Can I explain the creaming and folding method? Can I explain how dried fruits are preserved?	Practical product, photographs, Q&A, ILO	Creaming, folding, dried fruits, functions of ingredients, nutrients