

# High Tunstall College of Science Curriculum Intent

Subject: Food & Nutrition      Year: 10      Half term: Autumn 1.4



## Topic: Food commodities—flour, protein sources and dairy products

	Food and Nutrition	Progress		
Topic	Key ideas	R	A	G
Food commodities	I can <b>explain</b> how to make pasta and can <b>demonstrate</b> how to work the pasta machine			
	I can <b>explain</b> the functions of ingredients used to make pasta and <b>identify</b> the value of pasta (starchy carbohydrate) within the diet			
	I can <b>demonstrate</b> how to make a tomato based sauce and demonstrate skills such as frying, simmering, reducing and focus on convection method of cooking			
	I can <b>demonstrate</b> how to make a white béchamel sauce using the roux method and <b>explain</b> what gelatinisation is and what temperatures are important to the process and why			
	I can <b>demonstrate</b> how to layer a lasagne and within this <b>create</b> a brunoise cut carrot			
	I can <b>identify</b> more information about vitamin B and C			

Lesson	Learning Focus	Assessment	Key Words
1	Can you explain how to make pasta after seeing a demonstration? Can you confidently discuss the functions of ingredients used to make pasta and explain how to control the dough if too dry?	Demonstration, Q&A, ILO	Pasta, fresh, strong plain flour, egg, oil, salt, gluten, pasta machine, thickness, consistency
2	Can you make a tomato based sauce (meat or vegetarian/vegetable)? Can you gently simmer and reduce to the correct consistency/viscosity?	Practical product—tomato based sauce, photographs, Q&A, ILO	Sauce, fry, soften, simmer, reduce, browning, consistency, viscosity
	Can you make a bechamel sauce using the roux method? Are you able to explain the gelatinisation process and why constant stirring is required?	Practical product—bechamel sauce, photographs, Q&A, ILO	Roux, flour, starch, butter, milk, stir, whisk, sink, gelatinisation, thicken, swell, burst
	Can you make a brunoise cut for your vegetables/carrots to give flecks of colour and crunchy texture? Can you layer the lasagne correctly ending with pasta, bechamel and cheese?	Practical product—lasagne, photographs, Q&A, ILO	Brunoise, julienne, layer, grate, presentation
3.	Can you discuss vitamin B and C and specify whether they are fat or water soluble? Can you offer food suggestions that are high in vitamin B and C? Can you suggest methods of cooking which could retain the vitamins? And other moist methods?	Recording sheet, exam questions, assessment and Q&A	Vitamin B and C, water soluble, moist methods of cooking, steaming, poaching, simmering, blanching,