Cornwallis Academy
Ambitions for All

SMILE
SUCCESSFUL | MOTIVATED | INSPIRED | LEARNING | EXCITED & ENGAGED

Year 10 Food preparation and nutrition

3.2 Food Nutrition and Health

Learning Objectives

Macronutrients
Micronutrients
Nutritional needs and health

What previous knowledge is required?

Students will have some previous knowledge from theory delivered in KS3.

How will this term's content help with future learning?

This topic will be testing in the examination and will be needed if going on to study this subject further. It would also be relevant if pursuing a career using this GCSE.

Common Misconceptions

Understanding the difference between macro and micro nutrients. Students find difficulty remembering all requirements for healthy eating.

National Curriculum / Specification

3.2 Food, nutrition and health

3.3 Food science

Learning Objectives

Cooking of food and heat transfer
Functional and chemical properties of food

What previous knowledge is required?

Students will have some previous knowledge from theory delivered in KS3.

How will this term's content help with future learning?

This topic will be testing in the examination and will be needed if going on to study this subject further. It would also be relevant if pursuing a career using this GCSE.

Common Misconceptions

Students find the science area more challenging as this is new to them and learnt through theory and through experimental work to understand food properties better.

National Curriculum / Specification

3.3 Food science

3.4 Food Safety

Learning Objectives

Food spoilage and contamination
Principles of food safety

What previous knowledge is required?

Students will have some previous knowledge from theory delivered in KS3.

How will this term's content help with future learning?

This topic will be testing in the examination and will be needed if going on to study this subject further. It would also be relevant if pursuing a career using this GCSE.

Common Misconceptions

Students understand the basics but sometime need reminding when putting this into practice during practical work.

National Curriculum / Specification

3.4 Food safety

3.5 Food Choice

Learning Objectives
Factors affecting food choice British and international cuisine Sensory evaluation
What previous knowledge is required?
Students will have some previous knowledge from theory delivered in KS3.
How will this term's content help with future learning?
This topic will be testing in the examination and will be needed if going on to study this subject further. It would also be relevant if pursuing a career using this GCSE.
Common Misconceptions
That internation food is cooked differently to our. That international food is not as enjoyable. Students struggle to evaluate their own work effectively and sometime we carry out sensory evaluations on others products to learn to critically evaluate
National Curriculum / Specification
3.5 Food choice
3.6 Food Provenance
Learning Objectives
Environmental impact and sustainability of food Food processing and production
What previous knowledge is required?
Students will have some previous knowledge from theory delivered in KS3.
How will this term's content help with future learning?
This topic will be testing in the examination and will be needed if going on to study this subject further. It would also be relevant if pursuing a career using this GCSE.
Common Misconceptions
Many students do not understand how food is sourced, grown and created if they have not experienced this through homelife or primary education.
National Curriculum / Specification
3.6 Food provenance
Practical Skills
Learning Objectives
General food preparation skills 3.1 12 identified skills
What previous knowledge is required?
Students will have some previous knowledge from practical work delivered in KS3. Students vary in confidence as some cook at home and have a greater knowledge and skill.
How will this term's content help with future learning?
The skill learnt in practical lessons will be needed for the NEA work. It will also support students if they are going on to study this subject further. It would also be relevant if pursuing a career using this GCSE.
Common Misconceptions
Students struggle with new concepts. They also find timings hard and balancing activities such as clearing up and keeping to a shedual.
National Curriculum / Specification
3.1 Food preparation skills