

KS4 ATTAINMENT BAND EXPECTATIONS

Year 10 *Food Preparation and Nutrition*

	RED ATTAINMENT BAND (30%) GRADE 1-3	AMBER ATTAINMENT BAND (20%) GRADE 4	GREEN ATTAINMENT BAND (30%) GRADE 5-6	PURPLE ATTAINMENT BAND (20%) GRADE 7+
British and international cuisine	<p>Practical Outcomes: Low/ Medium Demand Fresh Pasta Starter, Main, Dessert A range of international cuisine</p> <p>Define the term cuisine Give examples of different cuisines</p> <p>Identify traditional cooking methods and ingredients used in modern and traditional cuisines</p>	<p>Practical Outcomes: Medium Demand Fresh Pasta Starter, Main, Dessert A range of international cuisine Define and explain the term cuisine</p> <p>Be independent in selecting a relevant cuisine to cook</p>	<p>Practical Outcomes: Medium/ High Demand Fresh Pasta Starter, Main, Dessert A range of international cuisine Answer exam style questions related to British and international cuisine</p>	<p>Practical Outcomes: High Demand Fresh Pasta Starter, Main, Dessert A range of international cuisine Answer exam style questions related to British and international cuisine</p>
Factors that affect food choice	<p>Practical Outcomes: Vegetarian Low fat High fibre Low sugar Gluten Free Lactose free Cooking for special dietary needs State factors that affect food choice Be able to give a basic explanation of religious food</p>	<p>Practical Outcomes: Medium Identify and explain a range of factors that affect food choice</p> <p>Have knowledge of PAL Have knowledge of dietary needs and allergies Have knowledge of seasonality</p>	<p>Practical Outcomes: Medium/ High Demand</p> <p>Explain, compare and modify dishes with special dietary requirements</p> <p>Explain compare and evaluate different religions and food</p> <p>Discuss ethical and moral food issues</p>	<p>Practical Outcomes: High Demand</p> <p>Have secure knowledge and understanding of religion, social, moral and cultural issues surrounding food choice</p> <p>Answer exam question in context</p>

	<p>rules</p> <p>Understand why people may choose to eat different food groups</p>			
Environmental impact and sustainability	<p>Basic Knowledge</p> <p>Organic</p> <p>Fair trade</p> <p>Seasonal food</p> <p>Locality and food miles</p> <p>Sustainability</p>	<p>Intermediate Knowledge</p> <p>Organic</p> <p>Fair trade</p> <p>GM</p> <p>Seasonal food</p> <p>Grown and Reared food</p> <p>Intensive/ free range farming</p> <p>Locality and food miles</p> <p>Sustainability</p>	<p>Detailed Knowledge</p> <p>Make links to effects on food choice and cultural cuisines</p>	<p>Answer in depth questions on the topic in exam context and reference in NEA</p>
Food Spoilage and Contamination	<p>Basic Knowledge</p> <p>Enzymic browning give example</p> <p>Different types of contamination</p> <p>How to prevent cross contamination</p>	<p>Intermediate Knowledge</p> <p>Examples of micro organisms</p> <p>Conditions needs for bacterial growth</p>	<p>Detailed Knowledge</p> <p>Micro-organism in food production</p> <p>Food Poisoning bacteria</p>	<p>Answer in depth questions on the topic in exam context and reference in NEA</p> <p>Give examples of micro-organisms in context</p> <p>Discuss useful bacteria and enzymes</p> <p>Describe different food poisoning bacteria, symptoms and context</p>
Principles of food safety (Buying and Storing food)	<p>Basic Knowledge</p> <p>Food Safety Advice</p> <p>Types of food storage</p> <p>How to prevent cross contamination</p> <p>Practical outcome: Meat Preparation</p>	<p>Intermediate Knowledge</p> <p>Buying and storing food “what to look for”</p> <p>Food labelling</p> <p>Cross contamination</p> <p>Preparing, cooking and serving food</p>	<p>Detailed Knowledge</p> <p>Explain and state the key temperatures and details of bacterial spread</p>	<p>Answer in depth questions on the topic in exam context and reference in NEA</p>

<p>Cooking Methods and Heat Transfer</p>	<p>Basic Knowledge Demonstrate a range of cooking methods for example boiling, poaching, frying, baking and stir frying Explain why food is cooked and how it effects the sensory attributes of food Identify how food can be cooked</p>	<p>Intermediate Knowledge Be able to explain conduction, convection, radiation, Apply knowledge of heat transfer Select appropriate methods of heat transfer</p>	<p>Detailed Knowledge Comment on the nutritional value of foods in different stages of heat transfer</p>	<p>Answer in depth questions on the topic in exam context and reference in NEA</p>
<p>Mock Exam and Revision</p>	<p>Food Preparation and Nutrition 1 Hour Mock Paper Summary and revision of nutritional contents and exam specific content. Pitched at target level</p>	<p>Food Preparation and Nutrition 1 Hour Mock Paper Summary and revision of nutritional contents and exam specific content. Pitched at target level</p>	<p>Food Preparation and Nutrition 1 Hour Mock Paper Summary and revision of nutritional contents and exam specific content. Pitched at target level</p>	<p>Food Preparation and Nutrition 1 Hour Mock Paper Summary and revision of nutritional contents and exam specific content. Pitched at target level</p>
<p>Food Production</p>	<p>Basic Knowledge Define primary and secondary food processing</p>	<p>Intermediate Knowledge Give example of how food is processed and how this alters the sensory attributes.</p>	<p>Detailed Knowledge Explain the processing of : Wheat Milk Pasta Jam Yoghurt</p>	<p>Give detailed examples and explanations of how food is processed and make a link to technological developments. Answer in depth questions on the topic in exam context and reference in NEA</p>
<p>Sensory Analysis</p>	<p>Basic Knowledge How senses influence food choices How we taste food Knowledge of sensory testing</p>	<p>Intermediate Knowledge Describe ingredients and use sensory descriptors (NEA)</p>	<p>Detailed Knowledge Describe different sensory tests and make a plan to carry them out</p>	<p>Answer in depth questions on the topic in exam context and reference in NEA Ability to record, test and analyses in detail sensory attributes (NEA 1 Food Science)</p>

Year 10 Food Preparation and Nutrition – Long Term Plan 2018-19

	Week 1 3 Sept.	Week 2 10 Sept.	Week 3 17 Sept.	Week 4 24 Sept.	Week 5 1 Oct.	Week 6 8 Oct.	Week 7 15 Oct.	Week 8 22 Oct.
Term 1	British and international cuisine	British and international cuisine	British and international cuisine	British and international cuisine	British and international cuisine <i>Review, summary assessment</i>	Factors that affect food choice	Factors that affect food choice	Factors that affect food choice
	Week 1 5 Nov.	Week 2 12 Nov.	Week 3 19 Nov.	Week 4 26 Nov.	Week 5 3 Dec.	Week 6 10 Dec.	Week 7 17 Dec.	
Term 2	Factors that affect food choice <i>Review, summary assessment</i>	Environmental impact and sustainability	Environmental impact and sustainability	Environmental impact and sustainability	Environmental impact and sustainability	<i>PRAG Progress week</i> Environmental impact and sustainability <i>Review, summary assessment</i>	Environmental impact and sustainability	
	Week 1 7 Jan.	Week 2 14 Jan.	Week 3 21 Jan.	Week 4 28 Jan.	Week 5 4 Feb.	Week 6 11 Feb.		
Term 3	Food Spoilage and Contamination	Food Spoilage and Contamination	Food Spoilage and Contamination	Food Spoilage and Contamination	Food Spoilage and Contamination	Food Spoilage and Contamination <i>Review, summary assessment</i>		
	Week 1 25 Feb.	Week 2 4 Mar.	Week 3 11 Mar.	Week 4 18 Mar.	Week 5 25 Mar.	Week 6 1 April		
Term 4	Principles of food safety (Buying and Storing food)	Principles of food safety (Buying and Storing food)	Principles of food safety (Buying and Storing food)	Principles of food safety (Buying and Storing food)	<i>PRAG Progress week</i> Cooking Methods and Heat Transfer	Cooking Methods and Heat Transfer		

				Review, summary assessment			
	Week 1 22 April	Week 2 29 April	Week 3 6 May	Week 4 13 May	Week 5 20 May		
Term 5	Cooking Methods and Heat Transfer	Cooking Methods and Heat Transfer Review, summary assessment	Mock Exam and Revision	Mock Exam and Revision	Mock Exam and Revision		
	Week 1 3 June	Week 2 10 June	Week 3 17 June	Week 4 24 June	Week 5 1 July	Week 6 8 July	Week 7 15 July
Term 6	Mock Exam and Revision	Food Production	Food Production	Food Production	Sensory Analysis	Sensory Analysis Review, summary assessment	Sensory Analysis