



Overview	<p>This course aims to give learners the knowledge, skills and confidence to enjoy cooking meals at home. Learners will gain understanding of how to economise when planning meals to cook at home. The unit will encourage learners to transfer skills learnt to other recipes to continue cooking for themselves and their families and to inspire others by passing on their knowledge. The unit is based on the chef Jamie Oliver's proposition that being able to cook is an essential life skill which empowers people to make changes that have benefits to health and wellbeing.</p> <p>Year 10 is focused on the development of the practical skills, knowledge of ingredients and equipment required to complete the coursework.</p>
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Autumn Term	<p><u>TERM 1A & 1B</u></p> <ul style="list-style-type: none"> ■ Principles of food safety: The food safety principles when preparing, cooking and serving food. ■ Food spoilage and contamination: the growth conditions for microorganisms and enzymes and the control of food spoilage. High risk foods. ■ Healthy Eating Guidelines and Eatwell guide: the current guidelines for a healthy diet. ■ Macronutrients (carbohydrates, proteins and fats): the functions & main sources. ■ Energy balance: factors which affect the BMR, such as age, gender and PAL. Their importance in achieving energy balance. ■ Life stages: how peoples' nutritional needs change and how to plan a balanced diet for different life stages. 	Assessment
	<p><u>PRACTICAL SKILLS</u></p> <p>Banana and Oat cookies Breakfast muffins Chiili veg noodles Quick veggie pizza Spicy Dhal Cheesy bean quesadilla Sausage and pasta bake Koftas with flatbreads Garlic and rosemary focaccia bread Fishcakes Beefy bean cottage pie Meatball and bean stew Spinach and chickpea curry</p> <ul style="list-style-type: none"> ■ Skills: General practical skills, knife skills, preparing fruit and vegetables, use of the cooker, use of equipment, cooking methods, prepare, combine and shape, sauce making. 	

Spring Term	<p><u>TERM 2A & 2B</u></p> <ul style="list-style-type: none"> ■ Micronutrients: the functions & main sources ■ Diet, nutrition and health: the relationship between diet, nutrition and health & the major diet related health risks. ■ Factors affecting food choice: food choice related to religion, culture, ethical and moral beliefs and medical conditions. ■ Sensory evaluation: importance of senses when making food choices: sight, taste, touch and aroma. 	Assessment

Spring Term	<ul style="list-style-type: none"> ■ Hygiene Certification: This level 2 course will inform students of the legal responsibilities and what constitutes best practice regarding controlling food safety hazards, controlling temperatures, food storage, food preparation, personal hygiene and premises cleaning. Students will learn about the responsibilities through a range of interactive exercises, written text, and video content. Upon completion of this training, students will be confident in their food hygiene knowledge and have all the skills and tools to keep people safe and comply with food hygiene law. <p><u>PRACTICAL SKILLS</u></p> <p>Enchiladas Flatbreads Breakfast muffins Omelette Own choice (linked to theory) Meringues Red Thai curry Chicken Parmigiana Focaccia bread</p> <ul style="list-style-type: none"> ■ Skills: General practical skills, knife skills, preparing fruit and vegetables, use of the cooker, use of equipment, cooking methods, prepare, combine and shape, sauce making. 	
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Summer Term	<p><u>TERM 3A & 3B</u></p> <p>Completion of: <u>Food Safety & Hygiene Level 2 Course for Catering.</u></p>	Assessment
	<ol style="list-style-type: none"> 1 Introduction to Food Hygiene and Safety Key definitions, food handler training, The Food Hygiene Rating Scheme (FHRS) in England, Wales, and Northern Ireland, The Food Hygiene Information Scheme (FHIS) in Scotland. 2 Food Safety Legislation Food hygiene and the law, food safety management systems, employer responsibilities, enforcement of food safety law, legal notices, prosecution, due diligence. 3 Microbiological Hazards Microbiological hazards, food poisoning, bacteria, pathogenic bacteria, food spoilage, damaged packaging, high and low-risk foods, raw foods, controlling bacteria with temperature and time, cross-contamination, food preservation, toxins, viral contamination, preventing microbiological contamination. 4 Physical, Chemical and Allergenic Hazards Physical hazards, types of physical contamination, controlling physical contamination, chemical hazards, acrylamide, scombrototoxic food poisoning, controlling chemical contamination, allergenic hazards, the 14 named food allergens, anaphylactic shock, controlling allergenic contamination, allergen policy, allergen labelling laws, foods prepacked for direct sale, Natasha's Law. 5 Food Storage Suppliers and deliveries, food labelling, traceability, use by and best before dates, stock rotation, safe food storage, dry food stores, fruit and vegetable storage, chilled food storage, refrigerator temperatures, frozen food storage, freezing and thawing. 6 Food Preparation Thawing frozen food, cooking and reheating, taking food temperatures, cooling food, hot holding, cold holding, food service. 	<p>Students are required to cook at home at least once per month to provide evidence for their coursework.</p>

Summer Term	<p>7 Personal Hygiene Food handler responsibilities, hand hygiene, hand washing procedures, protective gloves, further hygiene considerations, protective clothing, first aid kits, wounds and sores.</p> <p>8 Food Premises Design, Layout, Size and Suitability Food handler responsibilities, food premises and the law, principles of design, pests, preventing pests, waste management.</p> <p>9 Food Premises Cleaning and Disinfection Why do we clean? Cleaning and disinfection, cleaning schedules, safe cleaning, clean as you go, six stages of cleaning, cleaning food storage areas and chillers, cleaning public areas, food handling equipment, dishwashers.</p> <p><u>PRACTICAL SKILLS</u> Layered dessert Puff pastry twists Own choice linked to hygiene and safety</p> <ul style="list-style-type: none"> ■ Skills: General practical skills, knife skills, preparing fruit and vegetables, use of the cooker, use of equipment, cooking methods, prepare, combine and shape, sauce making. <p>Mock assessment practical</p>	
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Useful Resources for Supporting Your Child at Home:	Homework:
<p>TEAMS – all lesson PowerPoint and resources are posted on the Year 10 Food and Nutrition page</p> <p>Cooking - Students should be cooking at home to practise skills & complete coursework evidence.</p>	<p>Bringing in ingredients. Using YouTube to watch video 'how to' for recipes Cooking at home and providing evidence through pictures and/or witness statements.</p>