Haberdashers' Abraham Darby
Year 10 Food and Nutrition Learning Journey

This way to Year 11

Exam Preparation
Build a portfolio of revision material, to help remember Powerful Knowledge and commit key information to long term memory.
You will be tested on all the content learned over the course of the year ready to build on in Year 11.

NEA Exam Preparation

NEA1 Scientific Investigation
Students will be expected to research and investigate a set brief in preparation for their first non-examined assessment in Autumn Term Year 11. Students will:
- ✓ Read and analyse a set GCSE brief
- ✓ Plan a scientific experiment with a hypothesis
- ✓ Record, analyse and present data
- ✓ Draw accurate conclusions

Food Science and Mock NEA1
Summer Term 2

Diet Related Illness
Students will learn all about the contributing factors surrounding dietary related illness. This will include researching and investigating CVD,CHD, dental caries, obesity, anaemia, coeliac disease, diabetes type 2 and other food intolerances and allergies. Students will apply this knowledge by designing and making a meal to suit one DRI.

Practical Skills (demonstrate and showcase):
- Pastries – choux
- Breads
- Pasta dishes
- Free from food tasting

Diet Related Illness and Calculating Nutrition
Summer Term 1

Energy and Lifestyle
Students will learn all about energy and how lifestyle affects these requirements – this will included calculating BMR, EAR and PAL. Diet will be investigated in relation to specific age groups and daily routines including using the Eatwell Guide. Students will also look into social, moral and cultural lifestyle choices.

Practical Skills (demonstrate and showcase):
- Chinese pancakes
- Bombay potatoes
- Courgette lasagne
- Chelsea buns

Energy, Eatwell and Lifestyle Choices
Spring Term 2

Vitamins and Minerals
Students will learn the nutritional benefits of fruits and vegetables and function of vitamins and minerals in the body. Learning will also focus on the role of water and fat soluble vitamins, identifying excess and deficiency diseases. In the latter part of the term students will also investigate factors that affect lifestyle and dietary choice including age groups.

Practical Skills (demonstrate and showcase):
- Chicken and mushroom Pie
- Macaroni cheese
- Compotes
- Soups
- Vegetable curry

Micronutrients
Spring Term 1

Macronutrients – Fat and Carbohydrates
.Students will learn about the macronutrients fat and carbohydrates and the related commodity food groups; cereal foods, sugar and fibre. Learning will focus on the term commodity, the function of fat and carbohydrate in the body, uses and safe storage of wheat and cereal products, and the nutritional benefits.

Practical Skills (demonstrate and showcase):
- Yeast Bread and Pizza
- Shortcrust Pastry
- Flapjacks – enrobed
- Cheesecake

Macronutrients
Autumn Term 2

Macronutrients – Protein
Students will learn about the macronutrient protein and the related commodity food groups; meat, poultry, fish, eggs and dairy. Learning will focus on the term commodity, the function of protein in the body, uses and safe storage, alternative protein foods and nutritional benefits.

Practical Skills (demonstrate and showcase):
- Meatballs
- Kofta
- Portioning a whole chicken
- Alternative protein food testing

Macronutrients
Autumn Term 1

KS3
Through a variety of creative and practical activities, students will be taught the importance of food hygiene and safety, healthy living and eating, special diets and multicultural foods, lifestyle choices including these based on social, moral and cultural influences, commodity food groups, sustainability and seasonality.

**** Practical dishes are examples and can change***

Start here