

<div>FPN</div> <div>Year 10</div>	<p><b>Curriculum Intent:</b> The aim of the FPN GCSE is to equip learners with the knowledge, understanding and skills required to cook and apply principles of food science, nutrition and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.</p> <p>In <b>Year 10</b>, students will consolidate the knowledge and understanding of food and nutrition from their Key Stage 3 experience and use this as a solid foundation for the development and acquisition of new learning. Across the year, students will study the areas of content of the GCSE, utilising the single lessons to enhance the learning of key concepts and to apply them to their practical experiences. Students will develop technical skills across the year, each term building upon the previous experience to ensure excellent progress is accessible for all. The final term provides an excellent opportunity to prepare students for the non-examined components of the course that take place in Year 11.</p>																								
	Term 1: Basic Preparation & Principles of Nutrition					Term 2: Using the Hob & Diet & Good Health					Term 3: Making Sauces & Science of Food				Term 4: Making Dough & Where Food Comes From				Term 5 & 6: Higher Skills and NEA Practise						
Interleaving	Knowledge and understanding of ingredients, their functions and techniques applied in practice.																								
Practical Skills	Knife skills; Time-planning; Basic food preparation, such as peeling and grating.					Frying; Stir-frying; Boiling and simmering; Poaching and steaming.					Blended white sauce; Reduction sauce; Emulsion.				Bread; Pastry; Pasta.				Portioning chicken; Choux pastry; Making complex dish from scratch; Making multiple dishes.						
Knowledge	Macro/micro nutrients and their sources; Dietary reference values; Energy balance.					Eatwell guide; Specific dietary needs; Nutritional values.					Effect of cooking on food; Heat transference; Food spoilage.				Food provenance; Food manufacturing.				Food groups; Value in diet; Correct storage; Origins of each commodity.						
Understanding	Functions of nutrients; Role of water and dietary fibre; Consequences of malnutrition.					How diet is affected by age, lifestyle, activity level, gender etc; How to adapt recipes/diets to suit specific dietary needs.					Working characteristics; Functional and chemical properties of ingredients.				Impact of food miles and sustainability; Primary and secondary processing.				Working characteristics of each commodity.						
Skills	AO1	AO2	AO3	AO4		AO1	AO2	AO3	AO4		AO1	AO2	AO3	AO4		AO1	AO2	AO3	AO4		AO1	AO2	AO3	AO4	
	Demonstrate knowledge and understanding	Apply knowledge and understanding	Plan, prepare and make	Analyse	Evaluate	Demonstrate knowledge and understanding	Apply knowledge and understanding	Plan, prepare and make	Analyse	Evaluate	Demonstrate knowledge and understanding	Apply knowledge and understanding	Plan, prepare and make	Analyse	Evaluate	Investigation	Analyse	Generate Ideas	Make	Evaluate	Demonstrate knowledge and understanding	Apply knowledge and understanding	Plan, prepare and make	Analyse	Evaluate
Assessment	Verbal feedback; Self and peer assessment; Practical assessment; Formative quiz on SMH.					Verbal feedback; Self and peer assessment; Practical assessment; Formative quiz on SMH.					Verbal feedback; Self and peer assessment; Practical assessment; PPE exam; Formative quiz on SMH.				Verbal feedback; Self and peer assessment; Practical assessment; Formative quiz on SMH.				Verbal feedback; Self and peer assessment; NEA practise; Formative quiz on SMH.						

