



## KS4 Learning Overview

### Food Preparation & Nutrition

Exam Board: AQA

Year 10		
Term	Topics	Extra learning opportunities
Autumn 1	<p><b>KS3 recap</b></p> <p>Baking techniques – biscuits, shortcrust, blind baking</p> <p>Adapting recipes for diets</p> <p>Raising agents</p>	<p>Practice recipes at home</p> <p>Watch Inside the Factory, Jimmy’s Farm &amp; general cooking shows</p>
Autumn 2	<p><b>Nutrition &amp; deficiency</b></p> <p>Breads</p> <p>NEA 1 practice – Fairy Cakes</p>	<p>Practice recipes at home</p> <p>Watch Inside the Factory, Jimmy’s Farm &amp; general cooking shows</p>
Spring 1	<p><b>Fats &amp; macronutrients</b></p> <p>Making pasta &amp; sauces</p> <p>Denatured, coagulates, aerate – meringues</p> <p>Food ethics – chicken farming &amp; Teriyaki chicken</p>	<p>Practice recipes at home</p> <p>Watch Inside the Factory, Jimmy’s Farm &amp; general cooking shows</p>
Spring 2	<p>Eggs – functional properties &amp; substitutes – pancakes, mayonnaise</p> <p>Milk – functional properties</p> <p>Nutrition at different life stages</p>	<p>Practice recipes at home</p> <p>Watch Inside the Factory, Jimmy’s Farm &amp; general cooking shows</p>
Summer 1	<p>Health &amp; safety &amp; meat products</p> <p>Presentation techniques</p> <p>Pasta – roux sauce &amp; lasagne</p>	<p>Practice recipes at home</p> <p>Watch Inside the Factory, Jimmy’s Farm &amp; general cooking shows</p>
Summer 2	<p>Exam preparation tasks &amp; revision</p>	<p>Practice recipes at home</p> <p>Watch Inside the Factory, Jimmy’s Farm &amp; general cooking shows</p> <p>Revision sessions after school</p>