



Long Term Plan

Date: September 2016-17

Year 10 GCSE Food Preparation and Nutrition(J309)

Assessments: week every 4 weeks

Homework: Weekly theory and Practical research tasks

Subject is taught over 2 years with 3 lessons a week – 6 over a 2 week module

Subject brief:

- To further engage students in a safe and practical environment to be explore all aspects of the subject that is linked to intellectual, emotional and social needs. To include all tasks as set by OCR exam board
- To provide opportunities which are fun, engaging, challenging and rewarding.
- To develop a range of designing and making skills which are transferable to higher level of study , apprenticeships or the world of work.
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Learning:

In year 10 students will be engaged in designing and making a range of practical tasks to include in their tasks for the exam board

The relationship between diet and health

Nutritional and dietary needs of different groups of people

Nutritional needs when selecting recipes for different groups of people

Energy balance

Proteins

Fat

Carbohydrates

Vitamins

Minerals

Water

Nutritional content of the main commodity groups

They will experiment with food products and design new dishes