

Your child will...

Year 10

AUTUMN

Introduce qualification
CA1.1, 1.5 Safe and Hygienic Working practices Relating to the individual and the Cooking Environment, equipment and utensils
CA2.5.2 & 2.5.3 Why food is manufactured and processed, the advantages and disadvantages.

CA 5.2 & 5.4 Food preparation & cooking methods

Practical outcome-
Cheese scones (shortening/rubbing in technique, shaping, dry baking).
Shortbread (function of ingredients, alternate flour, sugars and fats)
Cupcakes with buttercream (creaming in method, aeration, dry baking)

SPRING

CA 1.2 & 1.4 : Identifying and minimising Risk
CA2.2.1: Food Legislation and Provenance: Grown, reared and caught foods
CA4.2: Factors affecting food choices: Impact on the environment
CA 3.7, 3.7.1, 3.7.2, 3.7.3, : Food related health conditions: allergies, intolerances and food related health conditions.

5.3, 5.4, 5.5: Preparation Skills and cooking methods

Practical outcomes
Fruit Pie (enriched pastry, beating, rolling outlining, blind baking, filling)
Gluten free Swiss roll (function of ingredients, alternate flour, sugars and fats)
Soup (introducing the function of micronutrients, blending)

SUMMER

CA 3.2, 3.2.1 Balanced Diet, macronutrients
CA 3.2.2 The Government's Healthy eating tips
3.3.1 & 3.4 The features and functions of the macronutrients, protein, fats and carbohydrates, plus the effects of deficiency and excess.
3.8 the features of food labels
CA6.2 Recipe amendment
CA 7.1, 7.2, 7.3 Menu and action planning
-Mock CW task 3(a) Menu and action planning for a 2 course menu

5.3, 5.4, 5.5: Preparation Skills and cooking methods:
Mass/events catering, team building, leadership, planning
Potato sides- croquettes, dauphinoise, wedges, chips, rosti, duchess.
(500 portions 10 varieties of cakes and bakes, catering for gluten and lactose intolerance, vegan, reduced fat)
Planning, adapting and making a burger meal suited to a brief.
Adapting for better nutritional balance, analysing organoleptic impact, substituting adapting ingredients to address these.

Your child will...

Year 11

AUTUMN

CA1.3 HACCP
 CA2.1, 2.4 Current food legislation and the customer and transporting food
 CA3.5 The role of fibre
 CA3.6 Differing nutritional needs for life stages
 CA4.1 & 4.3 factors affecting food choices, economics, the environment, culture, religion, etc
 CA 6.2 Evaluating recipes
 CA7.4 evaluating planning and outcome

CA 5.2 & 5.4 Food preparation & cooking methods: Dry baking
 Fish- filleting, portioning, pan frying, en papillote, baking
 Bean and chicken casserole Stewing & braising & pot roasting
 Eggs benedict: poaching, bread making, the master sauces, assembly and plating
 Lasagne ragu, master sauce, assembly, layering, adaptation for food related health condition

SPRING

Controlled Assessment
 Prep and research 29/1/24
 Task 1: Amending a recipe 5/2/24 & 6/224
 Task 2(a): Prep and cook amended recipe 19/2/24
 Task 2(b): Evaluate amended dish 20/2/24
 Task 3(a): Menu & action plan 2 course menu 26/2/24 & 27/2/24
 Task 3(b): Prep and cook 2 course menu 4/3/24
 Task 3(c): Evaluate 2 course menu 5/3/24
 Task 4(a): Action plan dish for food related health condition 11/3/24
 Task 4(b): Prepare and cook dish for food related health condition 19/3/24
 Task 4(c): Evaluate dish for food related health condition

SUMMER

Revision: prepare for written exam 24/5/24