**Term Three**

**Theory –** Protein. Meat, fish, poultry and game. Minerals: fluoride, calcium, iron, iodine, phosphorus, sodium.

Carbohydrates and fibre. Additives. Buying food. Storing food. Moral issues. Ethical issues. Mock controlled assessment.

**Practical** – A range of meat, poultry and fish dishes. Quiche or egg custard. Foam formation investigation.

**Term Two**

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| **Theory –** Dairy foods. Fat. Diet-related diseases and conditions: obesity, cardiovascular, coronary heart disease (CHD), dental health, bone health (osteoporosis), high blood pressure. Meals planning. Modifying recipes. Energy requirements. Advantages and disadvantages of locally produced food. Food processing. Sensory analysis. Cultural and religious factors affecting food choice. Methods of cooking. Preservation.  |

**Practical –** Yogurt.Cheesecake.Shortcrust Pastry. Enriched shortcrust pastry. Choux pastry. Flaky pastry. Cakes by the creaming and rubbing in methods.

**Term One**

**Theory -** Food Safety. Eatwell guide. Fruit & vegetables. Vitamins & minerals. Nutritional analysis programme. Diet related diseases & conditions - Diverticulitis, obesity, high blood pressure & anaemia. Dietary needs for different stages of life. Factors that affect food choice. Ethics, morals & religion. Vegetarianism. Starchy Carbohydrate. Cereals & wheat. Raising agents. Starch gelatinisation and sauce making. Bread.

**Practical -** Stir fry. Fruit based dessert. High fibre biscuit or bun. Acid & Alkali investigation. Macaroni cheese. Swiss roll. Bread dough. Enriched bread dough. Ginger buns

**Subject: Food Preparation and Nutrition Year Group: 10**

