

Curriculum Summary Document

Year 10 – Food & Nutrition

Module/Unit of Learning	Taught During	What will students learn?	How does this prepare students for success at GCSE?	Links to other Subjects
Nutrition, Micronutrients and Dairy & Vegetable Commodities	Autumn Term	<p>Students strengthen understanding of nutrition and micronutrients, focusing on how vitamins and minerals support health. They study fruit, vegetables and dairy commodities, comparing nutritional profiles and linking production methods to quality. Practical and sensory tasks using milk, yoghurt and cheese help students develop accuracy and confidence in describing sensory characteristics.</p> <p>Students also explore farming practices and genetic modification, considering how these influence consumer decisions and dietary balance.</p>	Students build secure foundations in GCSE nutrition and commodity knowledge. They practise explaining dietary functions and interpreting nutritional information, supporting extended written responses.	<p>Oracy: developing precise spoken explanation</p> <p>Science: heat transfer, food chemistry and biological processes</p>
Cereals, Processing, Eggs, Poultry and Meat	Spring Term	<p>Students study cereals and cereal products, learning how milling, gluten development and starch behaviour influence texture and quality. They apply this knowledge through practical work with bread, pasta and rice. Students also extend their understanding of eggs, poultry and meat, applying coagulation, denaturation and Maillard reactions in controlled tasks.</p> <p>They investigate how different cooking methods affect safety, nutritional value and sensory properties.</p>	Students strengthen GCSE food-science habits by predicting outcomes, justifying methods and evaluating processes. Work with cereals, eggs, poultry and meat supports command words such as explain, analyse and evaluate.	<p>Geography: provenance and sustainability</p> <p>Mathematics: ratios, scaling and data interpretation</p> <p>English: extended writing and evaluation</p>
Oils, Vegan Alternatives, Food Safety and NEA Preparation	Summer Term	<p>Students examine the roles of oils, spreads, sugar and vegan alternatives, linking functional properties to dietary recommendations. They explore factors influencing food choice, including ethical, cultural and economic considerations. Students also deepen understanding of food safety, contamination and food poisoning, applying this knowledge in structured evaluations.</p> <p>The term includes sensory analysis and NEA-style tasks to prepare students for planning, producing and evaluating dishes independently.</p>	Students develop independence and evaluative skills. Food-safety learning, sensory analysis and dietary adaptation tasks prepare them for GCSE NEA requirements and examination reasoning.	<p>PSHE: healthy choices and ethical considerations</p>

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