

FOOD TECHNOLOGY: Year 10

Course Outline



Half term	TOPIC	CONTENT
1	Health & Nutrition 1- covering functions of starch, sugar, fat and protein	<ul style="list-style-type: none"> Health and safety. Eat more starchy foods – Bread practical. Eat more starchy foods – Pasta practical. Cut down on saturated fat and <i>sugar</i> – Cheesecake practical. Eat more protein – Meat practical. Eat more protein – Fish practical. Eat more protein – LBV alternative practical.
OCTOBER HALF TERM HOLIDAY		
2	Health & Nutrition 2 - Special diets and Festive Fayre	<p>Special diets</p> <ul style="list-style-type: none"> Research into special diets. Cut down on <i>saturated fat</i> and sugar – low fat practical. Special diets group presentations. Summer work practical (student planned for summer homework and can improve). Labelling and packaging.
CHRISTMAS HOLIDAYS		
3	Product development, breads and sauces	<ul style="list-style-type: none"> Bread theory. Bread development practical. Sweet bread practical. Sauces: <ul style="list-style-type: none"> Practical 1: Starch based Roux, thickening and gelatinisation. Practical 2: Blended sauce, sweet & sour practical, acids and alkalis. Practical 3: Fruit sauce, viscosity.
FEBRUARY HALF TERM HOLIDAY		
4	Sustainability & Additives and Pastry	<p>Sustainability & Additives</p> <ul style="list-style-type: none"> Research into environmental considerations such as GM, nano-foods, organic foods, Fairtrade, farm assured foods and food miles. Planning for Fairtrade fortnight competition (topic to be announced). Fairtrade fortnight competition. Food additives - theory work. Food additives – product disassembly. <p>Pastry</p> <ul style="list-style-type: none"> Pastry theory. Practical 1: Shortcrust pastry. Practical 2: Rough puff pastry. Nutritional analysis using Jenny Ridgwell nutritional analysis program.
EASTER HOLIDAYS		
5	Cakes	<ul style="list-style-type: none"> Cake theory & food production methods. Practical 1: Rubbing in method – Rock cakes. Practical 2: Melting method – Brownies. Practical 3: Whisking method – Fatless sponge. Practical 4: Creaming method – Fairy cakes/Victoria sponge cake. Alternative hypotheses.
MAY HALF TERM HOLIDAY		
6	Cakes (continued) and Unit 2: Design and making practice	<ul style="list-style-type: none"> Practical 5: Final cake competition – student win a prize for best decorated cake. Unit 2: Design and making practice (controlled assessment) until the end of the year.