

Year 10: Food and Nutrition Unit 1 Overview – Practical Food Safety

Target Grade:

You will learn about:

Throughout this unit, you will explore increasingly complex food preparation skills and learn how to apply these to commonly used recipes.

You will develop knowledge in food safety principals and legislation and explore how and why we follow these within the industry.

You will develop skills in meat and fish preparation, applying an understanding of safe and hygienic working practices and consider the benefits of different cooking methods in regards to nutrition, flavour and appearance.

You will develop fundamental skills in pastry, Bread and cake making methods, applying skills in presentation and portion control to create classic high skill level dishes.

You will know and understand:

- Complex knife skills used for preparing Meat and Fish.
- Safe use of knives and other key equipment.
- Health and safety rules and legislation for food preparation.
- Skills used to portion, prepare and cook chicken.
- Pastry making methods and how to apply these accurately.
- The functions of ingredients and science behind bread making.
- How to apply portion control and presentation techniques.
- How to effectively use more complex equipment used to prepare pastry, pasta and cakes.

<p>Lesson Overview:</p> <ol style="list-style-type: none"> 1. Group Practical- Bread Varieties. Safety rules and equipment. 2. Food Spoilage and bacteria. 3. Chicken Portioning Practical Activity. 4. Food Poisoning and contamination. 5. Meat and Fish Cookery. Meat cuts, Types of seafood. 6. Meat Cookery Practical. 7. Fish Practical. Safety checks when buying food. 8. Pastry making methods. How to prepare Short crust and Rough Puff Pastry. Group Activity. 9. Short Crust Practical. 10. Setting agents and sauce making. 11. Dessert practical 12. End of unit test 	<p>Key Words:</p> <p>Knife Bacteria Hygiene Contamination Equipment Raising Carbon Dioxide Portioning Ingredient Technique Lamination Shortening</p>
<p>Suggested reading or support available:</p> <p>See important resources, feedback and information about lessons in your Showbie Class folder.</p> <p>http://www.foodafactof-life.org.uk/site.aspx?siteId=19&t=3</p> <p>https://www.bbcgoodfood.com/</p> <p>https://www.bbc.com/food/techniques</p> <p>https://www.vegsoc.org/</p> <p>https://www.bbc.com/bitesize/subjects/zb8jmp3</p> <p>www.technologystudent.com</p> <p>Illuminate publishing-AQA Food preparation and nutrition</p> <p>Hodder Education-Food prep and nutrition</p>	<p>Cross curricular Science</p> <p>Cooking methods and heat transfer. Functions of ingredients. Reactions taking place during baking. Gas release when using raising agents.</p> <p>SMSC:</p> <p>Ethical sourcing of ingredients.</p> <p>Literacy:</p> <p>Reading complex recipes and methods.</p> <p>Numeracy:</p> <p>Measuring of ingredients. Calculating weights and cooking times. Calculating temperatures and resting times.</p>

