

Year 10: Food Preparation and nutrition Unit 2 Overview – Nutrition For All

Target Grade:

You will learn about:

Throughout this unit, you will explore the dietary requirements of a range of people and specialist diets. You will analyse the functions of Macro and Micro Nutrients and examine how these contribute to health and well being.

You will also consider how we make informed choices to ensure healthy balanced lifestyles and evaluate the importance of food labelling and healthy eating guidelines.

Throughout the unit, you will develop technical skills whilst modifying and improving recipes to improve nutritional value and tailor recipes to individual needs.

You will know and understand:

- How to analyse nutritional information and food labels.
- Complex knife skills used for preparing Meat and Fish.
- How to adapt recipes to meet the requirements of different groups and diets.
- The functional properties of a range of ingredients.
- How to define Macro and Micro nutrients.
- How to demonstrate accurate presentation and portion control.
- How to calculate energy and nutritional values.
- Select and apply suitable recipes and cooking processes.

Lesson Overview: <ol style="list-style-type: none">1. The dietary needs of different groups of people. The Eatwell Guide.2. Introduction to Protein3. Practical task.4. Introduction to Carbohydrate and Fat5. Practical lesson.6. Introduction to Vitamins and minerals7. Practical lesson.8. Dietary needs at different stages.9. Practical lesson.10. Practical lesson.11. Special dietary needs including energy needs12. Practical lesson.13. Dietary related illnesses.14. End of unit test on Nutritional needs and health.	Key Words: Nutrition Proportions Protein Carbohydrate Savoury Mycoprotein Non starch polysaccharide Analysis Sensory Deficiency Antioxidant Coeliac Lactose intolerant Vegan Cardiovascular Anaemia Osteoporosis
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Suggested reading or support available:

See important resources, feedback and information about lessons in your Showbie Class folder.

<http://www.foodfactoflife.org.uk/site.aspx?siteid=19&t=3>

<https://www.bbcgoodfood.com/>

<https://www.bbc.com/food/techniques>

<https://www.vegsoc.org/>

<https://www.bbc.com/bitesize/subjects/zb8jmp3>

www.technologystudent.com

Illuminate publishing-AQA Food preparation and nutrition

Hodder Education-Food prep and nutrition

Cross curricular

P.E

Nutritional analysis and requirements for the human body and specialist diets.
Analysing energy requirements and calorie intake.

Healthy balanced diets and the functions of key nutrients within our diets.

Science

Nutrients and their functions. Sources of key nutrients. Energy needs within different diets.

SMSC:

Living healthy and balanced lifestyles. Understanding the beliefs and therefore requirements of different groups of people.

Literacy:

Describing specialist diets. Reading and creating sequenced recipes and plans for making.

Numeracy:

Measurements, temperatures and timings within recipes. Analysing nutritional data, food labels.