

Year 10 (Summer 1)

Butter, Oil, Margarine, Sugar and Syrup/ Beans, Nuts and Seeds, Soya, Tofu and Mycoprotein

- Recognise the choice of fats & oils available to the consumer
- Understand the composition of fats & oils
- Identify the nutritional value of fats & oils in the diet
- Understand the properties of fats & oils
- Understand the functions of fats & oils in food preparation
- Identify the types of sugar and other sweeteners available to the consumer
- Understand the composition of sugar
- Recognise the nutritional value of sugar and other sweeteners in the diet
- Understand the functions of sugar in food preparation and cooking
- Identify the current issues with sugar consumption
- Understand the importance of beans, nuts & seeds in the diet
- Recognise the allergies and intolerances caused by beans, nuts & seeds
- Understand the nutritional value of alternative protein foods

Year 10 (Summer 2)

NEA 1 Mock-The Food Investigation Assessment

- Able to use a range of relevant sources to research the task
- Able to create a plan of action
- Able to predict an outcome
- Able to review and make improvements for the food investigation
- Understand the working characteristics, functional & chemical properties of selected ingredients
- Able to record outcomes using sensory testing
- Able to analyse and justify data and discuss conclusions

Minimum Expected Standards

Food & Nutrition Year 10

Inside this booklet you will find a summary of all the knowledge and skills that the academy expects you to master in this subject by the end of the year.

These are the **minimum standards** that we set for all students. If you achieve this you should be on track to achieve at least a **grade 5/6 in your GCSE** in year 11.

During each half-term you will have regular '**learning checks**' to assess how well you are progressing against the expected standards. If you do not reach the expected standard in any of these checks you should be seeking help from your teacher, asking for study supports and using the materials on TGISpace to help you improve.

If you wish to push yourself further your teacher will also be sharing with you examples of how to go **beyond the expected standards**

**Tudor Grange Academy
Solihull**

Year 10 (Autumn 1)

Fruit & Vegetables

- Understand where fruit and vegetables come from, how they are grown and types
- Understand the advantages and disadvantages of organic products
- Able to describe the primary and secondary processes fruit and vegetables go through
- Able to identify different ways to preserve fruit and vegetables
- Able to describe oxidation and enzymic browning of fruit
- Able to identify different health and safety points relating to fruit and vegetables
- Able to identify the nutrients found in fruit and vegetables
- Able to make a flavoured sugar syrup to enhance a fruit dish
- Able to use precision when using fruit or vegetables as decoration
- Able to suggest suitable cooking methods for different vegetable

Year 10 (Autumn 2)

Milk & Dairy Products

- Able to identify the different types of dairy products available
- Understand how milk is processed so it is safe to use
- Understand how milk is processed into the different dairy products
- Able to identify the nutrients found in milk and dairy products
- Able to describe characteristics of different types of milk and dairy products
- Able to identify how dairy products are used in the diet

Year 10 (Spring 1)

Cereals

- Understand what cereals are
- Able to identify the origins of different cereals and the factors that effect this
- Able to describe the different types of cereals
- Understand the nutritional value of cereals
- Understand the importance of cereals in the diet
- Able to describe the primary and secondary processing of cereals
- Understand how different cereals are used to make different products

Year 10 (Spring 2)

Meat, Poultry, Fish & Eggs

- Able to link the different types of meat to the animals they come from
- Able to identify cuts of meat from different animals
- Able to describe the process of jointing a chicken
- Understand the benefits of using different cuts of meat for different purposes
- Understand why and how meat, poultry, fish and eggs are cooked
- Able to identify different appropriate cooking methods for meat, poultry, fish and eggs
- Understand the advantages and disadvantages of different farming methods
- Understand issues relating to animal welfare and symbols relating to this
- Able to state how meat, poultry, fish and eggs should be stored