|  | **Topic** | **Key concept – what do I want the students to learn from this unit?** | **What knowledge will they acquire?** |
| --- | --- | --- | --- |
|  **YEAR 10 Food Preparation & Nutrition OVERVIEW** |
| **10 - half term 1** | * Nutrition
* Energy balance

 * Enzymic browning
 | * Foods contain more than one nutrient.
* Nutritional analysis
* BMI / BMR / PAL
* Prevention of enzymic browning
 | * Function & source of macro & micro nutrients.
* Diet related diseases
* Nutritional analysis
* Relationship between food intake and weight
* Prevention of enzymic browning
 |
| **10 – half term 2** | * Diet related issues
* Primary & secondary processing
* Raising Agents
 | * Relationship between diet and health
* Diet related diseases.
* Food Intolerances
* Food provenance
* Food processing
* Properties of raising agents
 | * Be able to link food intake to disease.
* An awareness of where foods come from and how they are processed for use.
* How to make a selection of dishes using different raising agent
* Science of chemical and biological raising agents
 |