|  | **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 |