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**Year 10 DT – Food Curriculum explained**

This course aims to teach students to cook and understand the relationship between food, science and the environment to a high standard.

**Students will be taught:**

1. What nutrition is, the 5 nutrients and their functions in the body.
2. How to adapt recipes to meet the guidelines of the Eat well guide and to make them healthier.
3. Proteins, their composition, biological values and alternative proteins.
4. Hygiene, food safety, food poisoning and contamination.
5. Energy needs, requirements, deficiency and excess.
6. What minerals are, their sources and functions.
7. Food allergies and intolerances.
8. Specific dietary needs related to health – obesity, CHD, Rickets, Osteoporosis, anaemia, diabetes, tooth decay.
9. Heat transference and conservative methods of cooking.
10. The chemical and functional properties of foods – dextrinization, gelatinisation, caramalisation. Plasticity, enzymic browning.
11. Fats and oils theory, composition, excess and deficiency.
12. Primary and secondary processing with a range of examples.
13. How ingredients are reared, grown and caught.
14. What food provenance is and issues related to food sustainability.
15. Sensory analysis.
16. How to make a range of recipes that develop higher level skills.
17. Learn about safe and hygienic food preparation and use of equipment.
18. Develop skills of independent working, organisation and time management.
19. How to weigh and measure ingredients accurately.
20. How to answer exam questions and the requirements of key terminology.
21. How to carry out a trial NEA 1 and NEA 2, by following guidelines independantly.

This curriculum builds on prior learning and practical skill development and enables the students to understand the science of food and why specific reactions occur to create successful recipes.