

## Year 10 Food preparation and Nutrition

Below are the topic areas covered over this academic year. Please use the resources to help improve and embed the learning you have completed in school.

*The end of year 10 will be a practical exam as supposed to a written exam. The pages in the text book however will help you practise answering exam-style questions in preparation for your written exam next year. The video links at the bottom of the document will go over the skills needed to succeed in the practical exam.*

<b>Autumn Term</b>	
<b>Topic Area</b>	<b>Resources</b>
Fruit and Vegetables	Use the exam questions on pages 236 and 237 of the textbook to help you practise your exam technique.
Milk, Cheese and Yoghurt	Use the exam questions on page 257 of the textbook to help you practise your exam technique.

<b>Spring Term</b>	
<b>Topic Area</b>	<b>Resources</b>
Cereal	Use the exam questions on pages 208 and 209 of the textbook to help you practise your exam technique.
Meat, Fish, Poultry, Eggs	Use the exam questions on pages 208 and 209 of the textbook to help you practise your exam technique.

<b>Summer Term</b>	
<b>Topic Area</b>	<b>Resources</b>
Butter, Oils, Margarine and syrups	Use the exam questions on page 360 of the textbook to help you practise your exam technique.
Beans, Nuts and Seeds, Soya, Tofu and Mycoprotein	Use the exam questions on pages 330 and 331 of the textbook to help you practise your exam technique.

## **Skills Videos:**

**Skill 1:** Knife Skills ([Good Food Skills: First level - Bridge and Claw \(youtube.com\)](#))

**Skill 2:** Prepare fruit and vegetables ([8 Tips to Properly Wash Fruits and Vegetables \(youtube.com\)](#))

**Skill 3:** Prepare combine shape ([7 tricks with the yeast dough! Anyone can prepare them! \(youtube.com\)](#))

**Skill 4:** Tenderise and Marinate ([How to tenderise & marinate beef for perfect stir fry like in Chinese restaurant \(youtube.com\)](#))

**Skill 5:** Select and Adjust Cooking Process (N/A- depends on the recipe)

**Skill 6:** Weigh and Measure ([How to Use a Scale \(youtube.com\)](#), [How To Use Weighing Scales \(youtube.com\)](#))

**Skill 7:** Preparation of Equipment (N/A)

**Skill 8:** Use of Equipment, Electrical ([How to Use a Hand Mixer Effectively \(youtube.com\)](#))

**Skill 9:** Water Methods on the Hob ([How to Simmer | Cooking Basics by Yummly \(youtube.com\)](#), [Perfectly poached eggs. Try the whirlpool method! \(youtube.com\)](#), [How To Cook Perfect Rice Every Time \(youtube.com\)](#))

**Skill 10:** Dry Heat and Fat Method on Hob ([No Oil Saute! \(youtube.com\)](#), [Cooking Tips : How to Saute Onions \(youtube.com\)](#))

**Skill 11:** Using the Grill ([Oven settings explained - What do they mean \(youtube.com\)](#))

**Skill 12:** Using the Oven (See Above Video)

**Skill 13:** Making Sauces ([How to Make Tomato Sauce from Fresh Tomatoes: Italian Style \(THE EASIEST WAY\) \(youtube.com\)](#))

**Skill 14:** Set a Mixture, Gelatinisation ([Gelatinisation \(youtube.com\)](#))

**Skill 15:** Set a Mixture, Coagulation ([Coagulation \(youtube.com\)](#))

**Skill 16:** Use of Raising Agents ([Chemical Raising Agents GCSE Food \(youtube.com\)](#))

**Skill 17:** Making a Dough ([How to knead bread dough \(youtube.com\)](#))

**Skill 18:** Shaping and Finishing (Watch MasterChef to see how they present their dishes AVAILABLE ON BBC IPlayer)

**Skill 19:** Test for Readiness (N/A- depends on the recipe)

**Skill 20:** Judge and Manipulate Sensory Properties ([Season Properly | Cooking How To | Food Network Asia \(youtube.com\)](#))