

# YEAR 10 FOOD PREPARATION & NUTRITION Learning Journey

Practicals

Braising, Fruit Sugars, Minerals, Coeliac, Basted, Caramelisation  
 Simmer, Aeration, Fillet, Additives, Lactose, Batter  
 Catalyst, Julienne, Tagine, Enzymic Browning, Coagulation, Vitamins  
 Ambient, Dextrinization, Radiation, Blanching, Knead, Yeast, Conduction

Function & Chemical

PREP FOR NEAI

COMMODITIES  
CEREALS  
ALTERNATIVE  
FOOD

Zucchini Noodles, Jack fruit, Tofu, Oat & Wheat Crackers, Flapjacks



Healthy Cooked Breakfast, Leek & Potato Soup with Accompaniment, Upside Down Fruit Cake



COMMODITIES  
POULTRY, EGGS, FISH,  
NUTS, BEANS & BEEF

Chicken Kiev, Roast Chicken, Crème Brûlée, Deboning, Stir Fry,

Fish Poaching, Baking & Frying Beans and pulses burgers Beef burgers – Farming, sustainability



THE SCIENCE OF COOKING

Shortbread, Flaky Pastry, Choux Pastry, Tart Tatin, Butter Making



Technological Developments, Air fryers



CULTURE  
MILK, EGGS,  
BUTTER

Italian Pasta, Indian Paneer, Ice Cream, Indian Cuisine, Onion Bhaji, Thai Red Curry, Spring Rolls



YEAR 10

PRINCIPLES OF NUTRITION

Diet & Good Health, Macro/Micronutrients Factors affecting Food Choice, Allergies, Eat Well Guide, Food Spoilage, Provenance, Food Miles & Food Waste

