

YEAR 10 THEORY UNIT



You will explore the theory requirements of the course as set out by the exam board using recommended revision guides to understand all areas of knowledge required. Each unit will have a test using past papers to help you review your knowledge.

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| Key Words | Nutrients Health problems Energy Different groups Cooking | methods Heat transfer Changing properties Microorganisms | Food spoilage Food storage Food poisoning Grown Caught | Reared Food waste Food miles Carbon footprint Food processing | Food choice Labelling Marketing Sensory testing |
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Wider Study Opportunities?




Careers – Chef, Food scientist, Nutritionist, Home Economist
Further Education – Courses at Bournemouth and Poole College, or Brockenhurst college
Homestudy – Seneca and BBC bitesize to consolidate knowledge.
Entering Rotary Young Chef of the Year competition



Some of your learning will include:

-  You will explore certain theoretical ideas behind Food, Nutrition and Health.
-  Learning the Science of Food and how you can apply this to your culinary practice.
-  The Science behind food spoilage, the effects on the body, and how to prevent it.
-  Expanding on your knowledge of where food comes from.
-  Understanding what are the factors affecting food choice.

Assessment and Feedback:

-  **Assessment Objective 1:** Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.
-  **Assessment Objective 2:** Apply knowledge and understanding of nutrition, food, cooking and preparation.
-  **Assessment Objective 4:** Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others.

Feedback Opportunities:

Knowledge tests at the end of each unit using past papers. These will be marked and graded using previous years exam board grade boundaries.

Why this? Why now?

Leading to the written exam at the end of the course, this is an essential element making up half of your final grade. Your knowledge will be learnt and revisited across the year to ensure innate understanding in all areas. End of unit tests using past papers will provide a valuable tool for establishing your techniques in approaching exam standard questions.

