



St Benedict's Catholic School

The Catholic Secondary School for West Suffolk

DT FOOD CURRICULUM GUIDE

Year 10

Students will have about four weeks of commodity based theory and practical focussing on fruit and vegetables, including potatoes. They will investigate the use of fresh, frozen, canned and juiced forms of fruit and vegetables, by covering provenance, how the commodity is processed, its nutritive values and dietary considerations. We will also carry out some food science on enzymic browning, to introduce students to the NEA assessment 1.

To introduce students the NEA 2 they will plan and make a dish for a group needing specific dietary consideration and show their understanding of dietary reference values by using a nutritional analysis program.

In the second half of the term students will follow a similar framework but the focus will be milk, cheese, and yoghurt.

Students will be encouraged to develop their food preparation skills and particularly their knife skills, by using a range of equipment while preparing shaping and baking food.

Weekly home works will be focussed on associated theory and practical work.