DT Curriculum Long Term Plan

		Term 1		Term 2		Term 3	
Year 10 Food	Big Idea	**Nutrition** How do you stay fit & healthy?		**Food Safety** What are the Food Safety principles & rules?		**Food Provenance** What are the different aspects of Food Provenance?	
	Key Knowledge and skills	• Theory: Macronutrients – Protein, Fat & Carbohydrates. Micronutrients – Vitamins & Minerals. Water. The current guidelines for a healthy diet. Portion size and costing when meal planning. How peoples' nutritional needs change and how to plan a balanced diet for different life stages. How to plan a balanced meal for specific dietary groups. How to maintain a healthy body weight throughout life. • Pupils make a selection of food	• The basal metabolic rate (BMR) and physical activity level (PAL) and their importance in determining energy requirements. The recommended percentage of energy intake provided by protein, fat, and carbohydrates (starch and sugar). How to plan and modify recipes, meals, and diets to reflect the nutritional guidelines for a healthy diet. The relationship between diet, nutrition & health & the major	• Theory: The growth conditions for microorganisms and enzymes and the control of food spoilage, bacteria, yeasts, and moulds are microorganisms, high risk foods & enzymes are biological catalysts usually made from protein. The signs of food spoilage – enzymic action, mould growth & yeast action. The uses of microorganisms in food production. • Pupils make a selection of food products/dishes to develop the 12 food preparation	• Bacterial contamination - the different sources of bacterial contamination, the main types of bacteria which cause food poisoning, the main sources, and methods of control of different food poisoning bacterium types & the general symptoms of food poisoning. The food safety principles when buying & storing food. The food safety principles when preparing, cooking & serving food. • Pupils make a selection of food	• Theory: Where & how ingredients are grown, reared & caught. Environmental issues associated with food. The impact of food & food security on local & global markets & communities. • Pupils make a selection of food products/dishes to develop the 12 food preparation skills during their weekly practical lessons.	• Primary & secondary stages of food processing & production. How processing affects the sensory & nutritional properties of ingredients. Technological developments to support better health & food production including fortification & modified foods with health benefits & the efficacy of these. • Pupils make a selection of food products/dishes to develop the 12 food preparation skills during their weekly practical lessons.

		products/dishes to develop the 12 food preparation skills during their weekly practical lessons.	diet related health risks. • Pupils make a selection of food products/dishes to develop the 12 food preparation skills during their weekly practical lessons.	skills during their weekly practical lessons.	products/dishes to develop the 12 food preparation skills during their weekly practical lessons.		
	End Point	Exam questions & end of topic assessments on Nutrition.		Exam questions & end of topic assessments on Food Safety.		Exam questions & end of topic assessments on Food Provenance.	Exam questions & end of topic assessments & YR10 Mock Exam & 2 hour practical exam where 2 dishes are made.
Year 11 Food	Big Idea						
	Key Knowledge and skills						
	End Point						

Year 10 Product	Big Idea						
	Key Knowledge and skills						
	End Point						
Year 11 Product	Big Idea						
	Key Knowledge and skills						
	End Point						

Year 10 Construction	Big Idea						
	Key Knowledge and skills						
	End Point						
Year 11 Construction	Big Idea						
	Key Knowledge and skills						
	End Point						

Year 10 Engineering	Big Idea						
	Key Knowledge and skills						
	End Point						
Year 11 Engineering	Big Idea						
	Key Knowledge and skills						
	End Point						