



# Food & Nutrition KS4 Curriculum Palette

Year 10

## The Science Of Cooking Food



Why Do We Cook Food?  
How Do We Cook Food?

- Heat Transfer
- Conduction
- Convection
- Radiation
- Cooking Methods
- Functional & Chemical Properties
- Proteins
- Denaturation

- Mechanical
- Biological
- Chemical
- Raising Agents
- Emulsification
- Aeration
- Shortening
- Fats
- Caramelization
- Dextrinization
- Gelatinization
- Carbohydrates
- Gluten Information
- Coagulation

## Food Safety & Hygiene



Signs Of Food Spoilage & How To Prevent It

- Pathogenic Bacteria
- Critical Control Points
- Food Preservation Methods
- Environmental & Financial Effects Of Waste

Sources Of Contamination

- Chemical
- Physical
- Biological

Food Choice & Provenance

- Factors Affecting Food Choice
- Cost



- Seasonality
- Food Miles
- Reared & Caught
- Which Foods Are Grown
- Farming Methods

Food Provenance

- Traditional International Food Characteristics
- Traditional British Characteristics

Cultures & Cuisines

- Ethics
- Medical Needs
- Religion

## Industry & Technology



Food Waste

- Environmental Impact
- Sustainability

Technological Developments

- Food Processing (Primary & Secondary)
- Modern Fortification
- Packing

Practise For NEA 1 Task

