

DULWICH COLLEGE | SINGAPORE |



Food Preparation and Nutrition: Start of Year 10 Information

AQA Food Preparation and Nutrition (Course Code: 8585)

Starting in Year 10 (or during Year 9)

Welcome to Design and Technology at DCSG. If you have any questions, please email Mr Lilley the Food Preparation and Nutrition teacher (eireann.mckenna@dulwich.org) or Miss Booth the Head of Design and Technology (rachel.booth@dulwich.org)

Areas covered during Year 9

Year	Michaelmas Term	Lent Term	Trinity Term
9	Food Nutrition Students will make a range of dishes with a focus on dietary needs, food safety and hygiene and seasonality of foods. Theory will also cover experiments of the science of food. Practical lessons will be set on learning basic cooking skills and using different pieces of equipment, to enable students to be comfortable in the kitchen and embed food safety and hygiene practices.	Food Preparation Students will make a variety of dishes with a range of techniques and cooking methods. Theory will focus on cultural beliefs, fair trade, the environment, food miles, and will include food investigations. Practical lessons will develop different methods and processes. Recipes will demonstrate more range, working with different meats and fish and involve multi-tasking of cooking methods.	Food Preparation and Nutrition Students will cook for a range of dietary needs and requirements. They will develop independence in cooking complex dishes. Practical lessons will become more demanding, with larger variety of ingredients, skills and processes being used. Students are expected to be independent in following recipes giving a solid foundation to choose and produce complex dishes in year 10.

Topics covered include:

Food Nutrition	Food Preparation
Health, Safety, Food Hygiene and contamination Macronutrients, Micronutrients, Minerals Energy needs and calculation Dietary needs and Deficiencies Seasonality of foods Food choice Environmental issues and sustainability of foods	General practical skills Knife skills Preparing fruits and vegetables Use of cooker Use of equipment Cooking methods Prepare, combine and shape Sauce making Tenderise and marinate Dough Raising agents Setting mixtures

Work to complete before you arrive (optional)

Read about Macronutrients, Micronutrients and Minerals.

Practice preparing and cooking simple dishes at home and photograph the results. E.g. fruit salad, bolognese, bread roll, cupcakes, risotto.

Use the nutritional analysis calculator to see what the nutritional content of different recipes are.

Additional resources

<https://www.foodafactoflife.org.uk/14-16-years/>

<https://explorefood.foodafactoflife.org.uk/>

<https://www.bbc.co.uk/bitesize/topics/znth9q>



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