HOLLAND PARK SCHOOL | 2025-2026

Continuity Curriculum

An online shadow curriculum for students temporarily out of lessons to ensure continuity of learning

Year 10 Food Technology

Please use the online GCSE text book (Login Screen) to help you with your tasks. Log in details can be found on Microsoft Teams.

Week	Lesson Title	Lesson Objective	Lesson Tasks (50 mins – step-by-step)	Any Additional Instructions
2 – Theory 1	Intro to GCSE & Health & Safety	To understand GCSE Food structure and apply safety knowledge to scenarios.	**Starter (5 mins):** Write title/date. In 3 sentences: *Why is safety important in cooking?* **Task 1 (8 mins):** Chromebook: Search "Eduqas GCSE Food Preparation and Nutrition overview student". Write 5 facts (topics, NEAs, exam %). **Task 2 (7 mins):** List 10 hazards and 1 prevention each. **Task 3 (10 mins):** Write 3 safety scenarios (e.g., "You see raw chicken juice on a board – what do you do?"). Answer your own scenarios. **Task 4 (10 mins):** Design a safety poster with 3 knife, 3 hygiene, and 3 workstation rules. Add drawings. **Extended Writing (8 mins):** *Q:* "Explain how ignoring safety rules could lead to serious accidents in a food room. "**Bronze:** List 3 hazards. **Silver:** Explain hygiene links. **Gold:** Include a real-world example. **Extension:** Research 1 real kitchen accident (UK news). Write 3 prevention tips.	Chromebook needed. Posters should be display-ready.
2 – Theory 2	Macronutrients Overview	To understand carbs, protein, fat, and their energy values.	**Starter (5 mins):** Write 1 guess about "macronutrients." **Task 1 (15 mins):** Chromebook: Define carbs, protein, fat. Write 2 sources and 2 functions each. **Task 2 (10 mins):** Write kcal/g for each macronutrient. Calculate calories in 10g fat, 5g protein, 20g carbs. **Task 3 (10 mins):** Draw simple diagrams of glucose, amino acids, fatty acids.	Colour-code diagrams.

			Extended Writing (8 mins): *Q:* "Explain why a balanced diet with all macronutrients is essential for teens." **Bronze:** Name all 3. **Silver:** Explain their roles. **Gold:** Link to health risks. **Extension:** Research an athlete's macronutrient split; write 3 facts.	
2 – Practical Replacement	Knife Skills & Soup Investigation	To analyse knife grips, soup prep, and safety (no cooking).	**Starter (5 mins):** Write 2 sentences on knife safety. **Task 1 (7 mins):** List 5 knives and uses. **Task 2 (8 mins):** Watch "bridge and claw grip cooking." Draw and label grips with 4 tips each. **Task 3 (10 mins):** Research a veg soup recipe. Write 3 veg, 3 steps, 2 safety rules. **Task 4 (10 mins):** Write 5 bullet points on why soup is nutrient-rich. **Extended Writing (8 mins):** *Q:* "Explain why mastering knife skills builds cooking confidence." **Extension:** Draw a safe kitchen workstation.	Chromebook required.
3 – Theory 1	Carbs: Types, Sources, Functions	To explore simple vs complex carbs, sugar structure, fibre's role.	**Starter (5 mins):** Write 3 carb foods. **Task 1 (8 mins):** Define simple vs complex carbs; 2 examples each. **Task 2 (10 mins):** Draw sugar and starch molecules; label quick vs slow energy. **Task 3 (10 mins):** Write 3 bullet points about fibre. **Task 4 (7 mins):** Research low-fibre diet problems; write 2 sentences. **Extended Writing (10 mins):** *Q:* "Explain why diets high in fibre and complex carbs are vital for long-term health." **Bronze:** Mention fibre role. **Silver:** Link to digestion/energy. **Gold:** Include disease prevention. **Extension:** Research GI index; write 3 comparisons.	Use BBC Bitesize.
3 – Theory 2	Carbs & Energy	To calculate food energy and link carbs to performance.	**Starter (5 mins):** Match 5 foods to quick/slow energy. **Task 1 (10 mins):** Chromebook: Write the number of calories per 100g for rice, pasta, bread, potatoes. **Task 2 (10 mins):** Write 5 reasons athletes need carbs.	Chromebook required.

			Task 3 (10 mins): Write 3 effects of carb deficiency. **Task 4 (7 mins):** Write a quiz Q about energy per gram. **Extended Writing (8 mins):** *Q:* "Explain why athletes eat high-carb meals before competition." **Bronze:** Say "for energy." **Silver:** Mention glycogen. **Gold:** Link to sports performance. **Extension:** Write 3 sentences on carb-loading.	
3 – Practical Replacement	Stir Fry Investigation	To analyse stir-fry technique, nutrients, and health benefits.	**Starter (5 mins):** Write: *Why stir-fry veg?* **Task 1 (7 mins):** Watch stir-fry video; write 3 steps, 3 safety rules. **Task 2 (10 mins):** Write 3 ways stir-fry preserves nutrients. **Task 3 (10 mins):** Plan 2 stir-fries (veg + meat-based). **Task 4 (10 mins):** Write 5 comparisons: stir-fry vs boiling. **Extended Writing (8 mins):** *Q:* "Explain why stir-frying is healthier than deep-frying." **Extension:** Draw a wok and safe handling steps.	Chromebook required.
4 – Theory 1	Protein: Structure & Amino Acids	To study amino acids, HBV/LBV proteins, protein structure.	**Starter (5 mins):** Write 3 protein foods. **Task 1 (8 mins):** Define protein, amino acids, HBV, LBV. **Task 2 (10 mins):** Draw protein chain; label amino acids, peptide bonds. **Task 3 (10 mins):** Write 2 HBV, 2 LBV protein examples. **Task 4 (7 mins):** Write 3 points on protein structure. **Extended Writing (8 mins):** *Q:* "Explain why vegetarians combine LBV proteins." **Bronze:** Give 2 examples. **Silver:** Link amino acids. **Gold:** Discuss deficiency. **Extension:** Research kwashiorkor; write 3 causes.	Colour diagrams.
4 – Theory 2	Protein Needs & Sources	To calculate protein needs and explore sources globally.	**Starter (5 mins):** Why do teens need protein? **Task 1 (10 mins):** Write protein needs for babies, teens, adults, athletes.	Use NHS Eatwell Guide.

			Task 2 (10 mins): Write 5 animal vs 5 plant proteins; give pros/cons. **Task 3 (10 mins):** Research 2 global protein staples (e.g., lentils, beans); write 1 fact each. **Task 4 (7 mins):** Write 3 quiz Qs. **Extended Writing (8 mins):** *Q:* "Explain how protein needs change across life stages." **Extension:** Research 1 athlete diet.	
4 – Practical Replacement	Protein Stir Fry Investigation	To compare meat vs plant protein cooking and safety.	**Starter (5 mins):** Write 2 chicken safety rules. **Task 1 (8 mins):** Write safe chicken cooking temp + tofu storage rules. **Task 2 (10 mins):** Write pros/cons of meat vs tofu stir fry. **Task 3 (10 mins):** Research 1 Asian stir fry dish for each protein type. **Task 4 (7 mins):** Write 3 differences in nutrition. **Extended Writing (8 mins):** *Q:* "Compare animal vs plant proteins." **Bronze:** State examples. **Silver:** Add saturated fat. **Gold:** Discuss sustainability. **Extension:** Draw safe chopping setup.	Chromebook required.
5 – Theory 1	Fat: Types, Sources, Functions	To learn fat types, structure, and risks.	**Starter (5 mins):** Write 3 fatty foods. **Task 1 (10 mins):** Define saturated, unsaturated, trans fats; 2 examples each. **Task 2 (10 mins):** Draw molecules; label "single vs double bonds." **Task 3 (10 mins):** Write 5 fat functions. **Task 4 (7 mins):** Write 2 fat benefits + 2 risks. **Extended Writing (8 mins):** *Q:* "Explain why fat is essential but harmful in excess." **Extension:** Research Mediterranean fats.	Chromebook optional.
5 – Theory 2	Fat in Diet & Cooking	To compare cooking methods with fat.	**Starter (5 mins):** Write 3 dishes using fat. **Task 1 (10 mins):** Write about shallow frying, deep frying, roasting, baking. **Task 2 (10 mins):** Case study fish & chips: 3 points (oil, calories, portions).	Use NHS.

			Task 3 (10 mins): Write facts about vitamins A,D,E,K. **Task 4 (7 mins):** Write 3 sentences comparing roasting vs frying. **Extended Writing (8 mins):** *Q:* "Evaluate frying vs roasting for health." **Extension:** Draw deep fryer safety diagram.	
5 – Practical Replacement	Pastry Science Investigation	To analyse shortening, lamination, fat role.	**Starter (5 mins):** Write 1 word describing pastry. **Task 1 (8 mins):** Write rubbing-in steps. **Task 2 (10 mins):** Write how fat coats flour, stops gluten. **Task 3 (10 mins):** Write 2 differences: puff, filo, shortcrust. **Task 4 (7 mins):** Watch puff pastry video; write 3 points. **Extended Writing (8 mins):** *Q:* "Explain scientifically how fat changes pastry." **Extension:** Research suet pastry.	Chromebook required.
6 – Theory 1	Vitamins A, D, E, K	To describe fat-soluble vitamins.	**Starter (5 mins):** Write 1 vitamin-rich food. **Task 1 (10 mins):** Write role, source, deficiency per vitamin. **Task 2 (8 mins):** Write fact on overdose. **Task 3 (10 mins):** Draw 1 vitamin-rich meal and label. **Task 4 (7 mins):** Research rickets/night blindness. **Extended Writing (10 mins):** *Q:* "Explain vitamin D's role in bone health." **Extension:** Find 3 fortified foods.	Chromebook for research.
6 – Theory 2	Vitamins B & C	To analyse water-soluble vitamins.	**Starter (5 mins):** List 2 foods with vitamin C. **Task 1 (10 mins):** Write 2 roles and deficiencies for B1, B2, B3, B12, folate, C. **Task 2 (8 mins):** Write 3 cooking tips to preserve C. **Task 3 (10 mins):** Write 5 quiz questions. **Task 4 (7 mins):** Draw vitamin C molecule. **Extended Writing (10 mins):** *Q:* "Explain why vitamin C is essential and how cooking affects it."	Encourage diagrams.

6 – Practical Replacement	Iron & Calcium Investigation	To explore bone/blood health minerals.	**Starter (5 mins):** Write 1 symptom of anaemia. **Task 1 (8 mins):** Write 5 foods rich in calcium and iron. **Task 2 (10 mins):** Write 3 effects of anaemia, 3 of osteoporosis. **Task 3 (10 mins):** Explain why teens need these minerals. **Task 4 (7 mins):** Write 2 sample meals. **Extended Writing (10 mins):** *Q:* "Explain why iron and calcium are critical for teens."	Chromebook optional.
7 – Theory 1	Minerals: Ca, Fe, Na, Iodine	To learn minerals and overconsumption risks.	**Starter (5 mins):** Write 1 fact about salt. **Task 1 (10 mins):** Write role, source, deficiency for Ca, Fe, Na, Iodine. **Task 2 (10 mins):** Write 3 dangers of too much sodium. **Task 3 (10 mins):** Write 3 processed high-salt foods. **Task 4 (7 mins):** Draw a salt-intake chart. **Extended Writing (8 mins):** *Q:* "Explain the dangers of high-salt diets and reduction tips."	Chromebook allowed.
7 – Theory 2	Water & Fibre	To analyse hydration/fibre for digestion.	**Starter (5 mins):** Write 1 fact about water. **Task 1 (8 mins):** Write 5 water roles. **Task 2 (10 mins):** Write 3 fibre benefits. **Task 3 (10 mins):** Write 2 digestive problems from low fibre. **Task 4 (7 mins):** Write 5 quiz Qs. **Extended Writing (10 mins):** *Q:* "Explain why water and fibre support digestion and prevent disease."	Use NHS.
7 – Practical Replacement	Smoothie Investigation	To design nutrient-dense smoothies.	**Starter (5 mins):** Write 1 vitamin-rich fruit. **Task 1 (10 mins):** Write top 5 smoothie ingredients and benefits. **Task 2 (10 mins):** Plan a nutrient-rich smoothie recipe. **Task 3 (10 mins):** Write 3 creative presentation ideas. **Task 4 (7 mins):** Write 3 benefits of smoothie bowls.	Chromebook required.

			Extended Writing (8 mins): *Q:* "Explain how smoothies support good health and hydration."	
8 – Theory 1	DRVs & BMR	To calculate DRVs/BMR and factors affecting them.	**Starter (5 mins):** Guess BMR. **Task 1 (10 mins):** Define DRVs and BMR. **Task 2 (10 mins):** Use calculator to write BMR for 15yo boy/girl. **Task 3 (10 mins):** Write 5 factors affecting BMR. **Task 4 (7 mins):** Write 3 ways to raise/lower BMR. **Extended Writing (8 mins):** *Q:* "Explain why teens have higher BMR than adults."	Use online calculators.
8 – Theory 2	Nutrient Deficiency & Excess	To evaluate poor diet risks.	**Starter (5 mins):** Write 2 deficiencies you know. **Task 1 (10 mins):** Write 3 effects of low iron, calcium, C. **Task 2 (10 mins):** Write 3 effects of overnutrition. **Task 3 (10 mins):** Research 1 deficiency disease. **Task 4 (7 mins):** Write 5 quiz Qs. **Extended Writing (8 mins):** *Q:* "Analyse how poor diets harm long-term health."	Colour code findings.
8 – Practical Replacement	Nutrient-Based Dish Analysis	To evaluate a balanced recipe's nutrients.	**Starter (5 mins):** Write 1 balanced meal idea. **Task 1 (10 mins):** Research 1 balanced recipe. **Task 2 (10 mins):** Write carbs, protein, fats, vitamins, minerals in dish. **Task 3 (10 mins):** Write 3 ways to make it healthier. **Task 4 (7 mins):** Sketch plating ideas. **Extended Writing (8 mins):** *Q:* "Evaluate your chosen dish's nutritional value."	Chromebook required.