





Learning Intention Year 10 GCSE Food	Vocab	Concept	Retrieval	Success Criteria	Hinge questions for this lesson	Red Zone
Week 1:	Commodity provenance	Students to learn how food is grown and reared	Name 5 foods grown in Yorkshire	Recall 5 locally grown foods	Which commodity group is the main source of complex carbohydrates? A) Milk & yoghurt B) Bread, rice, pasta, potatoes C) Nuts & seeds D) Meat & fish  Correct answer: B	Exam-style question on wheat
Week 2:	Reared Free Range Battery Farming	Students to learn about free-range egg farming and unethical egg rearing	Label parts of an egg	Recall foods high in protein	Which nutrient is milk especially known for providing? A) Vitamin C B) Calcium C) Iron D) Carbohydrate	Exam-style questions on the functions of protein

					 Correct answer: B	
Week 3:	Omega 3 Oily fish White fish	How is fish reared around the UK?	Name 3 types of white fish 2 types of oily fish	Recall foods high in saturated and unsaturated fats	Which food is a <i>good source of protein</i>? A) Chicken B) Sugar C) Oil D) White bread  Correct answer: A	Exam questions on obesity (10 marks)
Week 4:	Protein HBV LBV Amino acids	Why is protein important in the diet?	Name 5 food commodities	Why does protein play a big part in our diet?	Which of these is a <i>fat or oil commodity</i>? A) Pasta B) Butter C) Beans D) Fruit  Correct answer: B	Exam question 5 mark on 5 proteins

Week 5:	Fats Saturated Unsaturated	Why is fat needed in the diet?	Name 4 good fats	Why do good fats play an important part in our diet?	Which of these is a <i>plant protein</i>? A) Tofu B) Yoghurt C) Chicken D) Butter <input checked="" type="checkbox"/> Correct answer: A	Extended question on fats
Week 6:	Carbohydrates Starchy	Why should we limit carbohydrates in our diet?	Name 4 foods high in starchy carbohydrates	Students can tell the difference between starchy and non-starchy carbohydrates	Which food is a <i>fat or oil</i>? A) Butter B) Beans C) Rice D) Milk <input checked="" type="checkbox"/> A	Extended question on Carbohydrate