

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge questions for this lesson	Red Zone
Year 10 GCSE Food						
Week 1:	Commodity provenance	Students to learn how food is grown and reared	Name 5 foods grown in Yorkshire	Recall 5 locally grown foods	<p><b>Which commodity group is the main source of complex carbohydrates?</b></p> <p>A) Milk &amp; yoghurt B) Bread, rice, pasta, potatoes C) Nuts &amp; seeds D) Meat &amp; fish</p> <p><input checked="" type="checkbox"/> <b>Correct answer: B</b></p>	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	<p><b>Which nutrient is milk especially known for providing?</b></p> <p>A) Vitamin C B) Calcium C) Iron D) Carbohydrate</p>	Exam-style questions on the functions of protein

					<input checked="" type="checkbox"/> <b>Correct answer: B</b>	
<b>Week 3:</b>	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	<b>Which food is a good source of protein?</b> A) Chicken B) Sugar C) Oil D) White bread  <input checked="" type="checkbox"/> <b>Correct answer: A</b>	Exam questions on obesity (10 marks)
<b>Week 4:</b>	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?	<b>Which of these is a fat or oil commodity?</b> A) Pasta B) Butter C) Beans D) Fruit  <input checked="" type="checkbox"/> <b>Correct answer: B</b>	Exam question 5 mark on 5 proteins

<b>Week 5:</b>	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?	<b>Which of these is a <i>plant protein</i>?</b> A) Tofu B) Yoghurt C) Chicken D) Butter  <input checked="" type="checkbox"/> <b>Correct answer:</b> A	Extended question on fats
<b>Week 6:</b>	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	<b>Which food is a <i>fat or oil</i>?</b> A) Butter B) Beans C) Rice D) Milk  <input checked="" type="checkbox"/> A	Extended question on Carbohydrate