Term 1	Term 2	Term 3
Research Project: "The Science of Special Diets" Investigate the nutritional requirements of a specific group (e.g., athletes, vegans, diabetics, pregnant women). Create a fact sheet showing daily needs, food sources, and a sample meal plan.	**Research Project: "Food Additives – Helpful or Harmful?"** Investigate different types of food additives (preservatives, colours, emulsifiers). Create a balanced report or short podcast episode explaining their purposes, benefits, and controversies.	**Research Project: "Food Miles and Carbon Footprints"** Track the journey of a single meal or product from source to plate. Map its food miles and compare the carbon footprint of different ingredient choices.
Reading Around: "Eat Like a Human" by Dr. Bill Schindler (selected chapters) Read about ancestral diets and how food preparation has evolved. Write a reflection: How does traditional knowledge influence modern nutrition? https://www.scribd.com/document/596543773/Eat-Like-a-Human-Dr-Bill-Schindler	**Reading Around: New Scientist or Food Manufacture articles (online)** Find 2–3 articles on the science of flavour, lab-grown meat, or functional foods. Summarise the science and assess the benefits vs. consumer concerns. https://www.foodmanufacture.co.uk/	**Reading Around: Food and Sustainability** Read a recent report (or summary) on climate-friendly diets or water use in agriculture. Write a short essay on how food habits need to change to meet environmental goals. https://www.un.org/en/climatechange/science/climate-issues/food
Virtual Visit: Food a fact for Life Explore interactive content on nutrients, food labelling, and diet planning. Complete one of the interactive tasks and screenshot your score or create a knowledge summary. https://www.foodafactoflife.org.uk/11-14-years/	**Visit (or Virtual): The Eden Project – Plants and Human Nutrition** Explore how plant science links to global food systems. If you can't visit, use Eden Project's digital resources. Create a visual guide to "The Future of Plants in Our Diets." https://www.edenproject.com/visit/food-and-drink/the-future-of-food	**Visit (or Virtual): University Open Day – Food Technology or Nutrition Course** Summarise what the course involves and reflect on career options in the food industry. https://www.ucb.ac.uk/about-us/schools/birmingham-college-of-food/
Create: "MyPlate Reimagined" • Design your own version of the Eatwell Guide for a teen lifestyle. • Justify your food group proportions and choices based on your research.	**Create: Conduct a Sensory Analysis Test** Choose one ingredient (e.g., oats, cauliflower, tofu) and prepare it in three different forms. Use a sensory descriptor sheet to test with friends/family. Analyse the results in a report.	**Create: Pitch a Sustainable Food Start-Up** Invent a new sustainable food product or packaging solution. Create a 1-minute video pitch or marketing poster, including your target audience and environmental impact.

For support and checking of work please see Miss King in UG1

Design and Technology

Year 10 Food Preparation and Nutrition