

Year 10 Food Preparation & Nutrition



AUTUMN TERM

Food Safety and Hygiene

- Food Safety: Basic food safety and hygiene
- Food Spoilage: Yeast and Enzymes
- Nutrition and Health: An introduction to Macro & Micronutrients with an awareness of how diet impacts health
- An introduction to Functional and chemical properties of Food
 - Protein Science

An introduction to the Food Room: Safety, Routines and Core Skills.

SPRING TERM

Food Science, Nutrition and Health

- Making informed choices for a varied and balanced diet
- Developing and expanding understanding of functional and chemical properties of Food:
 - The essentials of Gluten, Pasta and Bread
 - Raising agents
 - Sauce making and gelatinisation
- Health Related Illness

Increasing complexity, level of challenge and range of equipment when making.

SUMMER TERM

Food Choice

- Factors that influence food choice
- Environmental Impact and Sustainability of Food
- Sensory Analysis

Adapting Dishes to fit a need. Producing complex dishes that combine a range of skills established earlier in the year.

Curriculum Overview

Through theory lessons and demonstrations students will be introduced to a wide range of Food Preparation and Nutrition topics. Students will have opportunity to develop a wide range of practical skills utilising their understanding of food science to enable them to manipulate ingredients to give a desired outcome. At the end of the year students should feel confident to work safely and independently in the kitchen with an understanding of why specific ingredients are used in a dish. Students will be introduced to the concept of Food Choice and dietary related health. Some students will begin to adapt recipes and dishes to take account of nutritional, food choice and skill needs.

Year 11 Food Preparation & Nutrition



AUTUMN TERM

Coursework Task (set by AQA)

- **NEA1: Food Science Investigation** Released by exam board September 1st (30 marks)
- **NEA 2: Food Preparation** Released by the exam board November 1st (70 marks)
- Theory: Food choice and provenance: impact of religious, cultural, ethical and moral beliefs and medical conditions on choice.
- Theory: Food miles and carbon footprint of food production

SPRING TERM

Continuation of NEA 2

Focused Revision Tasks Exam Practice

- Theory: Cooking of food and heat transfer
- Theory: Food Processing and Production

SUMMER TERM

Focused Revision Tasks Exam Practice

Curriculum Overview

Students will make supported, independent progress with their two coursework tasks worth a total of 50% of their final GCSE. This will include a scientific investigation presented as a 2,000 word report (15%) and a digital portfolio with photographic evidence of making (35%). Theory established in prior years will be embedded through coursework development, as well as focussed revision tasks honing exam technique, preparation and practice.

Students will continue to develop their knowledge of nutrition and food science as well as learning about factors that affect food choice. They will use this understanding to develop dishes that fulfill specific client needs and preferences. Students will refine and strengthen their food preparation skills completing more challenging dishes that involve multiple processes within one outcome.