



Long Term Plan

Food Preparation and Nutrition

KS4(Year 10,11)

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Subject Intent / Vision: KS4 Food Preparation & Nutrition

The KS4 Food Preparation & Nutrition curriculum equips students with the practical cooking skills, scientific knowledge, and nutritional understanding to make informed food choices and prepare high-skill dishes safely.

Key Objectives:

- Master high-level cooking techniques, knife skills, dish preparation, and time management to execute complex dishes safely and hygienically.
- Food Science: Understand the functional, chemical, and physical properties of ingredients through practical investigation and experimentation.
- Nutrition & Health: Analyze ingredient nutritional values, life stage dietary requirements, and the link between diet, health, and disease.
- Food Safety & Hygiene: Apply strict hygiene principles, understanding microbiology, bacterial growth, temperature control, and cross-contamination hazards.
- Provenance & Sustainability: Explore food sourcing, seasonal eating, environmental impact, food miles, and ethical factors shaping food choice.
- Assessment & NEA Prep: Build research, controlled practical testing, sensory analysis, menu planning, and written evaluation skills for NEA 1, NEA 2, and the exam.

Through this curriculum, students will:

- Become confident, independent, and safe practical cooks.
- Apply scientific reasoning to ingredient behaviors during cooking.
- Make balanced, cost-effective, and sustainable food choices.
- Prepare for further study, apprenticeships, and careers in hospitality, catering, food science, and nutrition.

Delivery: Delivered through practical cooking sessions, controlled scientific experiments, dietary analysis tasks, core theory modules, and targeted exam preparation.

To enable all students to achieve, our subject curriculum is underpinned by the following principles:



Ambitious - *The art curriculum is planned backward ensuring a deep and purposeful sequence of activities for a wider knowledge, instead of narrow learning episodes.*



Sequenced / Spiral – *Key learning (and practical skills) is repeated throughout the curriculum for equal access, regardless of the students starting point during the academic year.*



Literacy - *Key learning is embedded through contextual studies, giving students a chance to think and write critically about responses or personal outcomes. Students also write about the process and materials relevant to their project.*



Cultural Capital – *The department is committed to expose students to a range of artists and designers throughout the curriculum and gallery visits and is working towards building a relationship with local creative people and institutions to organise visits and workshops.*

KS4 Food preparation and Nutrition Programme of Study (YEAR 10)

Autumn 1:	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Food Safety & Hygiene Students study the principles of safe food storage, contamination prevention, and hygienic preparation while building fundamental practical knife skills. • Bacteria & Food Spoilage: Conditions required for bacterial growth, signs of decay, and foodborne illnesses. • Contamination & High-Risk Foods: Cross-contamination hazards (biological, chemical, physical) and safe handling of high-risk foods. • Temperature Control: The temperature danger zone (5°C to 63°C), correct storage in fridges and freezers, cooking, and reheating thresholds. • Knife Skills: Safe handling methods, including the bridge hold and claw grip, for accurate ingredient preparation.	Nutrition & Health Students study nutritional functions, dietary requirements across life stages, and basic practical cooking methods. • Macronutrients: Functions, primary sources, and health impacts of proteins, fats, and carbohydrates. • Micronutrients: Roles and sources of key vitamins (A, D, E, K, B-group, C) and minerals (iron, calcium, sodium). • Life Stages & Dietary Needs: Specific nutritional requirements for toddlers, teenagers, adults, and the elderly. • Diet-Related Health: Impacts of unbalanced diets, including obesity, heart disease, type 2 diabetes, and anemia. • Practical Cooking Skills: Preparing balanced savory dishes using stove-top and oven cooking methods.	Cooking Methods & Heat Transfer Students study methods of heat transfer and investigate the functional properties of fats and raising agents in cooking. • Heat Transfer Methods: Principles of conduction, convection, and radiation in dry and moist cooking. • Shortening: How fats coat flour particles to prevent gluten development in pastries and biscuits. • Aeration: Trapping air into mixtures using fats, eggs, sugar, and mechanical beating or whipping. • Raising Agents	Food Science Students investigate the chemical and functional properties of carbohydrates, proteins, and fats through practical food experiments. • Coagulation: Denaturation and setting of protein molecules through heat, acid, or mechanical action. • Gelatinisation: Starch granules absorbing liquid, swelling, and bursting to thicken liquids when heated. • Emulsification: Using emulsifiers to keep oil and water blended together without separating. • Practical Tests: Running controlled experiments to test ingredient functions, measure physical changes, and record findings.	Food Choice & Provenance Students study factors influencing dietary choices, moral and religious considerations, and environmental issues around food production. • Special Diets: Medical needs (coeliac, lactose intolerance, allergies) and lifestyle choices (vegetarian, vegan). • Moral & Religious Beliefs: Kosher, Halal, Hindu rules, animal welfare, Fairtrade, and organic choices. • Food Miles & Sustainability: Seasonal eating, carbon footprint, local sourcing, and reducing food waste. • Packaging & Recycling: Environmental impacts of packaging materials	Mock NEA 1 Students complete a trial food science investigation to practice research methods, practical testing, data analysis, and report writing ahead of Year 11. • Task Analysis & Research: Intro to the brief and conducting secondary research on ingredient functions. • Controlled Practical Tests: Setting up fair tests, managing variables, and testing ingredient behavior under controlled conditions. • Data Collection & Analysis: Recording findings using charts, photos, sensory evaluation matrices, and comparative tables. • Report Writing: Analyzing results,.
Assessment: AO1/AO2/AO3/AO4	Assessment: AO1/AO2/AO3/AO4	Assessment: AO1/AO2/AO3/AO4	Assessment: AO1/AO2/AO3/AO4		

KS4 Food Preparation and Nutrition Y11

NEA (Non-Exam Assessment)

Autumn 1:	Autumn 2	Spring1	Spring 2	Summer 1
NEA 1: Food Investigation (15%) Students complete their official AQA Food Science Investigation report based on the released exam board brief. • Task Analysis & Research: Deconstruct the brief, form scientific hypotheses, and research relevant food chemistry. • Controlled Experiments: Plan and execute practical tests, changing single variables to observe ingredient reactions. • Data Collection & Analysis: Record results using comparative tables, charts, photographs, and sensory profiling. • Evaluation & Final Report: Conclude findings, explain the science behind results, and submit the written report.	NEA 2: Research & Planning (35%) Students begin the main practical task by analyzing the set theme and trialing technical recipes. • Brief Analysis & Recipe Research: Explore target group needs, cultural contexts, and potential menu options. • Skill Selection & Recipe Trials: Test high-skill techniques, adapt recipes, and record trial outcomes. • Menu Selection & Time Planning: Finalize three dishes and draft a minute-by-minute time plan for the practical exam. • Costing & Safety Prep: Calculate ingredient costs, list equipment, and identify food safety controls.	NEA 2: Practical Exam & Evaluation Students execute their planned 3-hour practical exam and complete the written assessment section. • 3-Hour Practical Exam: Prepare, cook, and present three high-skill dishes under timed exam conditions. • Presentation & Plating: Apply portioning, garnishing, food styling, and serving temperature checks. • Sensory Testing: Gather sensory data using star diagrams and rating tests for final dishes. • Written Evaluation: Analyze overall dish success, time management, nutritional balance, and costing.	Theory Revision: Nutrition & Food Safety Targeted revision of core nutrition, health, food spoilage, and microbiology topics ahead of the written paper. • Nutrients & Health: Revisit macronutrient/micronutrient functions, sources, deficiencies, and diet-related health issues. • Life Stages & Diets: Review nutritional needs from infancy to old age, along with medical and lifestyle diets. • Microbiology & Contamination: Revise food poisoning bacteria, high-risk foods, cross-contamination, and storage temps. • Preservation & Spoilage: Review methods used to extend shelf life and control microbial growth.	Theory Revision: Food Science & Provenance Review of ingredient chemistry, heat transfer methods, environmental factors, and commercial food production. • Functional Properties: Revise gelatinisation, coagulation, emulsification, shortening, and aeration. • Cooking Methods & Heat Transfer: Review conduction, convection, radiation, and nutrient retention during cooking. • Food Provenance & Choice: Revisit food miles, carbon footprint, sustainability, animal welfare, and ethical labels. • Processing & Packaging: Review primary/secondary food processing, modified atmosphere packaging (MAP), and recycling. Final exam technique practice, time management, and mock paper review before the written paper (50%). • Practice structuring answers for 'explain', 'evaluate', 'compare', and 'discuss' prompts. • Targeted Knowledge Retrieval: Address core gaps identified from past mock exams. • Timed Exam Practice: Complete full exam-style papers under timed conditions.
Assessment: AO1/AO2/AO3/AO4	Assessment: AO1/AO2/AO3/AO4	Assessment: AO1/AO2/AO3/AO4	Assessment: AO1/AO2/AO3/AO4	

GCSE

What's assessed:

This qualification is linear. Linear means that students will sit all their exams and submit all their non-exam assessments at the end of the course.

- Component 1, Written Examination Theoretical knowledge of food preparation and nutrition, covering five core areas: Food, nutrition and health; Food science; Food safety; Food choice; and Food provenance.

How it's assessed

- Written exam: 1 hour 45 minutes.
- 100 marks (Multiple choice - 20 marks; Five long-form questions - 80 marks).
- 50% of GCSE.
- Set and marked externally by AQA.
- Component 2, Non-Examined Assessment (NEA) Practical food skills, scientific investigation, and culinary application split into two board-set tasks:
 - Task 1: Food Investigation (15%) – A practical scientific investigation into the physical and chemical properties of ingredients, recorded in a written report (1,500–2,000 words).
 - Task 2: Food Preparation Assessment (35%) – Researching, planning, and executing a 3-hour practical exam to prepare, cook, and present three dishes, supported by a written portfolio.

How it's assessed

- Written report, practical portfolio, and 3-hour practical cooking examination.
- 100 marks total (Task 1: 30 marks; Task 2: 70 marks).
- 50% of GCSE.
- Non-exam assessment (NEA) set by AQA; marked by the school/college and moderated by AQA.

Learning Resources:

- <https://www.aqa.org.uk/subjects/food-preparation-and-nutrition/gcse/food-preparation-and-nutrition-8585/specification/scheme-of-assessment>
- <https://www.bbc.co.uk/bitesize>