



Key Stage 4 Curriculum Journey: Food Preparation & Nutrition

GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

YEAR 10 CURRICULUM JOURNEY						
	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Topic	Nutritional Needs & Health	Macro & Micronutrients	Food Science: Cooking methods and heat transfer & Physical and chemical properties Protein	Physical and chemical properties Carbohydrates, Fats and Raising Agents	Mock NEA 1	MOCK NEA 2
Key Knowledge, Skills & Understanding	<p>Knowledge Nutritional Needs & Health</p> <p>Learn about the current guidelines for a healthy diet including the nutritional needs for the following life stages: young children, teenagers, adults and the elderly.</p> <p>Students will know how to plan a balanced meal for specific dietary groups: vegetarian and vegan, coeliac, lactose intolerant and high fibre diets.</p> <p>Skills:</p> <ul style="list-style-type: none"> Select and prepare ingredients Use utensils and equipment Apply heat in different ways and a selection of cooking methods Focus on Food preparation skills (practical lessons): Balanced and Nutritious Meals 	<p>Knowledge Protein, Carbohydrates and Fats</p> <p>Students re-cover protein, carbohydrates and fats; recapping theoretical knowledge gained in KS3 and building on it to learn about the physical and chemical properties in depth.</p> <p>Students must understand the functions, main sources, effects of deficiency and excess and related dietary reference values of each macronutrient and micronutrient.</p> <p>Skills</p> <ul style="list-style-type: none"> Select and prepare ingredients Use utensils and equipment Apply heat in different ways and a selection of cooking methods Focus on Food preparation skill (practical lessons): Sauce Making 	<p>Knowledge Cooking methods and heat transfer & Physical and chemical properties Protein</p> <p>Students introduced to cooking methods and heat transfer; recapping theoretical knowledge gained in KS3 about some physical chemical and physical properties of protein and building on it to learn in depth.</p> <p>Skills</p> <ul style="list-style-type: none"> Select and prepare ingredients Use utensils and equipment Apply heat in different ways and a selection of cooking methods Focus on Food preparation skills (practical lessons): Cake Making 	<p>Knowledge Physical and chemical properties Carbohydrates, Fats and Raising Agents</p> <p>Students re-cover fats, oils and vitamins recapping theoretical knowledge gained in KS3 and building on it to learn about the physical and chemical properties in depth.</p> <p>Students must understand the functions, main sources, effects of deficiency and excess and related dietary reference values of each.</p> <p>Skills</p> <ul style="list-style-type: none"> Select and prepare ingredients Use utensils and equipment Apply heat in different ways and a selection of cooking methods Focus on Food preparation skills (practical lessons): Doughs & Setting Agents 	<p>Knowledge Food Spoilage</p> <p>Students learn about the growth conditions for microorganisms and enzymes and the control of food spoilage. This includes the use of microorganisms in food production.</p> <p>Skills</p> <ul style="list-style-type: none"> Select and prepare ingredients Use utensils and equipment Apply heat in different ways and a selection of cooking methods Focus on Food preparation skills) practical lessons: Mini Investigations; Gluten, Enzymes and Flours. 	<p>Knowledge Food Choices</p> <p>Students recap the criteria for food choices, looking at physical activity level (PAL), celebration/occasion, cost of food, preferences, enjoyment, food availability, healthy eating, income, lifestyles, seasonality, time of day, time available to prepare/ cook.</p> <p>Learn about food choice related to religion, culture, ethical and moral beliefs and medical conditions.</p> <p>Recap costing recipes and making modifications.</p> <p>Skills</p> <ul style="list-style-type: none"> Select and prepare ingredients Use utensils and equipment Apply heat in different ways and a selection of cooking methods Focus on Food preparation skills) practical lessons: Practical Exam Mock: Street Food/Children's Meals
	GCSE Assessment Objectives	AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.	AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.	AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.	AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.	AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation. AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.
MAPs	1. Diet nutrition & health 2. Dietary Groups and energy needs.	1. Protein 2. Carbohydrate's 3. Fat's 4. Micronutrients (multichoice questions)	1. Cooking methods & heat transfer 2. Physical and chemical properties of Protein	1. Physical and chemical properties of Carbohydrates 2. Physical and chemical properties of Fats 3. Physical and chemical properties of Raising Agents	1. Food Safety 2. Food Spoilage	1. Factors that influence food choice 2. Sensory Testing 3. Food choices & labelling





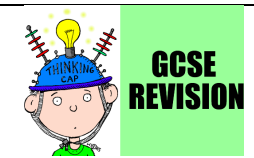




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YEAR 11 CURRICULUM JOURNEY

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Topic	NEA 1 	NEA 1 	NEA 2 	NEA 2 		
Key Knowledge, Skills & Understanding	<p>Knowledge Technological Development Learn about the technological developments to support better health and food production including fortification and modified foods with health benefits and the efficacy of these.</p> <p>Skills</p> <ul style="list-style-type: none"> ➤ Research - Students carry out research into the ingredients to be investigated. The research will demonstrate how ingredients work and why. ➤ Practical experimentation to determine their hypothesis. ➤ Analysis and evaluation of the results of the investigation, reflecting on their findings. 	<p>Knowledge NEA 1 Students demonstrate their application and understanding of the working characteristics, functional and chemical properties of ingredients.</p> <p>NEA 2 Students will analyse the task carrying out relevant research and analysis to identify a range of dishes. Students will select and justify a range of technical skills to be used in the making of different dishes.</p> <p>Skills</p> <ul style="list-style-type: none"> ➤ Practical experimentation to determine their hypothesis. ➤ Analysis and evaluation of the results of the investigation, reflecting on their findings. ➤ Focus on Food preparation skill (practical lessons): NEA Mock Demonstrating skills (trials) for chosen brief 	<p>Knowledge NEA 2 Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.</p> <p>Students will prepare, cook, and present their four trials that demonstrate the skill needed for the practical examination.</p> <p>Skills</p> <ul style="list-style-type: none"> ➤ Select and prepare ingredients ➤ Use utensils and equipment ➤ Apply heat in different ways a selection of cooking methods ➤ Focus on Food preparation skill (practical lessons): NEA Demonstrating Skills (trials) for chosen brief 	<p>Knowledge NEA 2 Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.</p> <p>Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.</p> <p>Skills</p> <ul style="list-style-type: none"> ➤ Select and prepare ingredients ➤ Use utensils and equipment ➤ Apply heat in different ways a selection of cooking methods ➤ Focus on Food preparation skill (practical lessons): NEA Demonstrating Skills/Making the final dish. 	<p>Knowledge Revision of Key Theory Topics:</p> <ol style="list-style-type: none"> 1. Food, nutrition and health 2. Food science 3. Food safety 4. Food choice 5. Food provenance <p>Skills Students will be able to apply effective exam strategies to prepare for written exams and assessments.</p>	
GCSE Assessment Objectives	<p>AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.</p> <p>AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.</p>	<p>AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.</p> <p>AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.</p>	<p>AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.</p> <p>AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.</p>	<p>AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.</p> <p>AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.</p>	<p>AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. •</p> <p>AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.</p>	
MAPS	<ol style="list-style-type: none"> 1. Technological development 2. Macronutrients 3. Environment & sustainability of food. 	<ol style="list-style-type: none"> 1. Micronutrients 2. Cooking Methods and Heat transfer 	<ol style="list-style-type: none"> 1. Food Science 2. Food Safety 3. Nutritional needs & Health 	<p>MOCK EXAM 2; Split examination paper complete in sections during the Practical Exam Period</p>	n/a	

