



## GCSE Food Preparation & Nutrition



2-year course where students will study the following core topics:

1. Food Nutrition & Health
2. Food Science
3. Food Safety
4. Food Choices
5. Food Provenance

50% NEA (Non-Examined Assessment) - 100 marks		50% written exam – 100 marks
<b>NEA1: Food Investigation Task</b> 15% of Overall GCSE Worth 30 marks	<b>NEA2: Food Preparation Task</b> 35% of overall GCSE Worth 70 marks	<b>Written exam</b> 1hr 45 mins (105 minutes)  Consists of 2 sections <b>Section A</b> 20 MCQs <b>Section B</b> Short and Long answer questions worth 80 marks.
Completed in Year 11		


We have **five lessons a fortnight**. We usually **cook in two of the lessons**. This might be:

- skill based e.g. making flaky pastry for Eccles Cakes or portioning a chicken.
- based on a theme e.g. making your own design luxury pizza or producing a two-course menu based on an international cuisine of your choice.
- carrying out investigations to help with the understanding of the food science side of the subject.

Year 10 Mapping Sheet 2023 – 5 singles per fortnight

10A/Fn1

 THEORY

 GROUP (Practical/investigation)

 PRACTICAL

 QMA (Practical/Theory)








 Apron needed.

(19<sup>th</sup> April – 6<sup>th</sup> May subject to change)







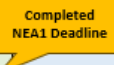

Week 1 & 2 (4 <sup>th</sup> Sep – 17 <sup>th</sup> Sep)	4/9 <b>Inset Day</b>	7/9 <b>Unit 1:</b> Eatwell Guide	8/9 Why food is cooked.  <b>HW: Write and plan your wrap dish on Pg 7</b>	14/9 Healthy lunch practical – 'It's a Wrap!'	15/9 Potato investigation – cooking methods  <b>HW: Complete investigation results and conclusions</b>
Week 3 & 4 (18 <sup>th</sup> Sep – 1 <sup>st</sup> Oct)	18/9 Chocolate Orange Cake – Sponge <b>QMA1</b> ★	21/9 Chocolate Orange Cake – Decorate <b>QMA1</b>  <b>HW: Complete extension questions on pg. 20</b>	22/9 Exam question & Knowledge check	28/9 Carbohydrates - Nutrition	29/9 Carbohydrates – Science Caramelisation & Dextrinisation
Week 5 & 6 (2 <sup>nd</sup> Oct – 15 <sup>th</sup> Oct)	2/10 DIRT <b>QMA1</b>	5/10 Gelatinisation ★	6/10 Macaroni Cheese practical ★  <b>HW: Complete extension questions on Pg 28</b>	12/10 Recipe modification – High fibre biscuit investigation ★  <b>HW: Complete the analysis record table to be used next lesson</b>	13/10 Write up findings NEA1 Style  <b>HW: Revise for End of unit Test on everything learnt so far.</b>
Week 7 & 8 (16 <sup>th</sup> Oct – 29 <sup>th</sup> Oct)	16/10 Knowledge Check <b>QMA2</b>	19/10 Portion a chicken <b>QMA3</b> ★	20/10 Chicken Nuggets <b>QMA3</b> ★  <b>HW: Complete questions on Pg 11 and bottom of Pg13</b>	26/10 DIRT <b>QMA2</b> & <b>QMA3</b>	27/10 <b>Unit 2:</b> Protein – Nutrition
<b>HALF TERM</b> (30 <sup>th</sup> Nov – 5 <sup>th</sup> Nov)					
Week 9 & 10 (6 <sup>th</sup> Nov – 19 <sup>th</sup> Nov)	6/11 Protein – Science Coagulation, denaturation, syneresis	9/11 Fillet a fish ★	10/11 Protein – Science continued foam formation & gluten formation	16/11 Lemon Meringue Pots in groups ★	17/11 Pasta production – gluten formation demonstration. ★

# Year 11 Mapping Sheet 2023 – 5 singles per fortnight

## 11b/Fn1 (EM) & 11b/Fn2 (SJ)

 NEA/Written 
  NEA/Practical 
  QMA (Assessment) 
  MOCK week 
  NEA HAND-IN 
  REVISION 
  GCSE EXAM

★ APRON needed

Week 1 & 2 (4 <sup>th</sup> Sep – 17 <sup>th</sup> Sep)	<b>4/9</b> <b>Inset Day</b>	<b>5/9</b> Retrieval <b>HW: Complete questions given.</b>	<b>8/9</b> Green pen homework. Introduce NEA1 	<b>11/9</b> Task Analysis & Prior Learning <b>HW: Collate and bring in on paper research to your chosen Task Analysis questions.</b>	<b>15/9</b> Research Session 1
Week 3 & 4 (18 <sup>th</sup> Sep – 1 <sup>st</sup> Oct)	<b>18/9</b> Research Session 2 <b>HW: Type up research section – hand in for assessment.</b>	<b>19/9</b> Preparing for investigations	<b>22/9</b> Plan Investigation 1 	<b>25/9</b> Plan investigation 2 	<b>29/9</b> Plan investigation 3 
Week 5 & 6 (2 <sup>nd</sup> Oct – 15 <sup>th</sup> Oct)	<b>2/10</b> ★ Investigation 1 <b>QMA1</b> <b>HW: Type up investigation 1 and hand in for marking.</b>	<b>3/10</b> ★ Investigation 2 <b>HW: Type up investigation 2 and hand in for marking.</b>	<b>6/10</b> ★ Investigation 3 <b>HW: Type up investigation 3 and hand in for marking.</b> 	<b>9/10</b> ★ Nutrition Exam Question <b>QMA2</b> <b>HW: Complete DIRT 1 in green pen</b> 	<b>13/10</b> Begin Analysis and Evaluation 
Week 7 & 8 (16 <sup>th</sup> Oct – 29 <sup>th</sup> Oct)	<b>16/10</b> Complete Analysis and Evaluation	<b>17/10</b> Complete DIRT 2 and tie up Loose Ends. <b>HW: Finish typing up NEA1 and hand in full version 23<sup>rd</sup> October</b>	<b>20/10</b> <b>QMA3</b>	<b>23/10</b> ★ Jenny Ridgewell programme – computer room needed. 	<b>27/10</b> Nutrition Recap Lesson











## NEA1: Food Investigation Task

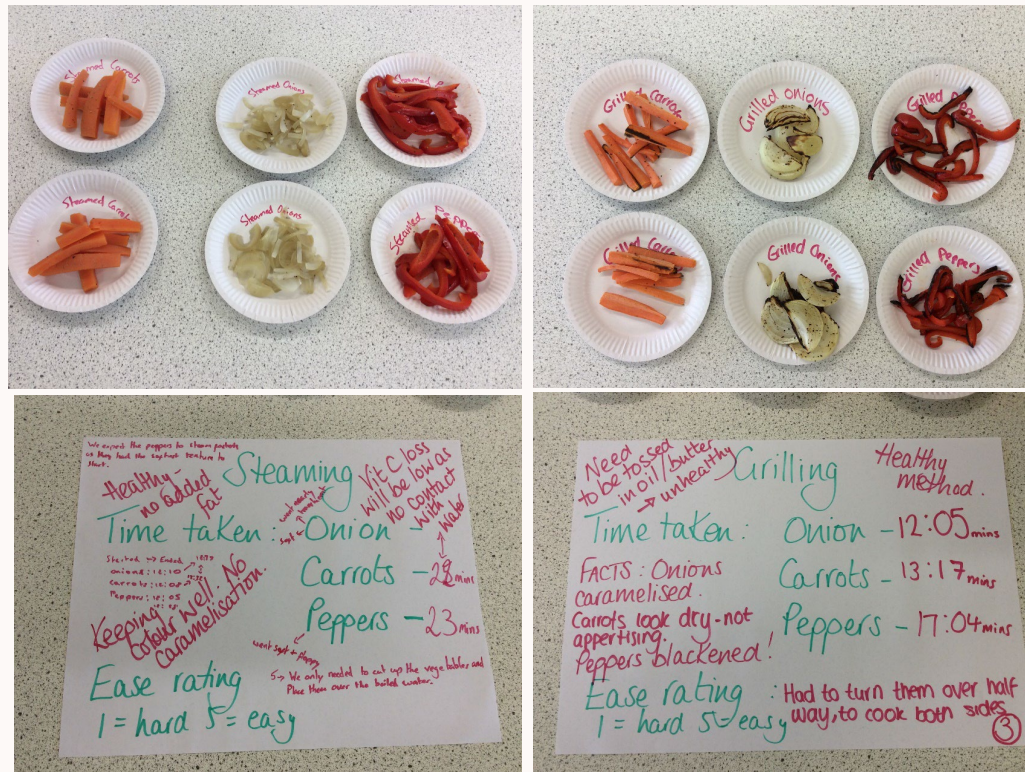
15% of Overall GCSE  
Worth 30 marks  
Completed in Year 11

**Format:** Students write a report on a topic outlined by the exam board. They investigate the task, carry out practical tests and write up their findings.

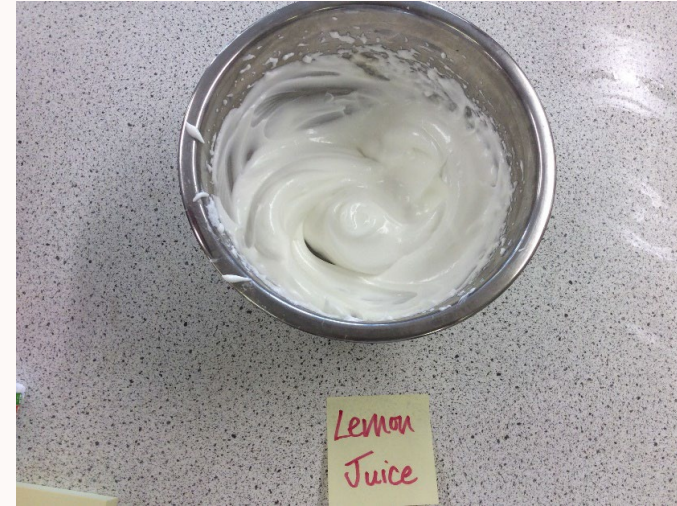
**Time available:** 10 hours

### Food Investigation Tasks 2018-2019:

- A batter is a mixture of flour and different liquids. Investigate the functional and chemical properties of ingredients used to make a successful batter.
- The flavour and texture of pastry is important. Investigate the functional and chemical properties of ingredients used to make shortcrust pastry.
- Proteins are used as a setting agent. Investigate the functional and chemical properties of protein ingredients when setting a chilled or baked dish.







## NEA2: Food Preparation Task

35% of Overall GCSE  
Worth 70 marks  
Completed in Year 11

**Format:** Students will plan, prepare cook and present three developed dishes within a 3-hour timeframe. Written justifications of choices and planning need to be submitted, along with costings and nutritional analysis.

**Time available:** 20 hours













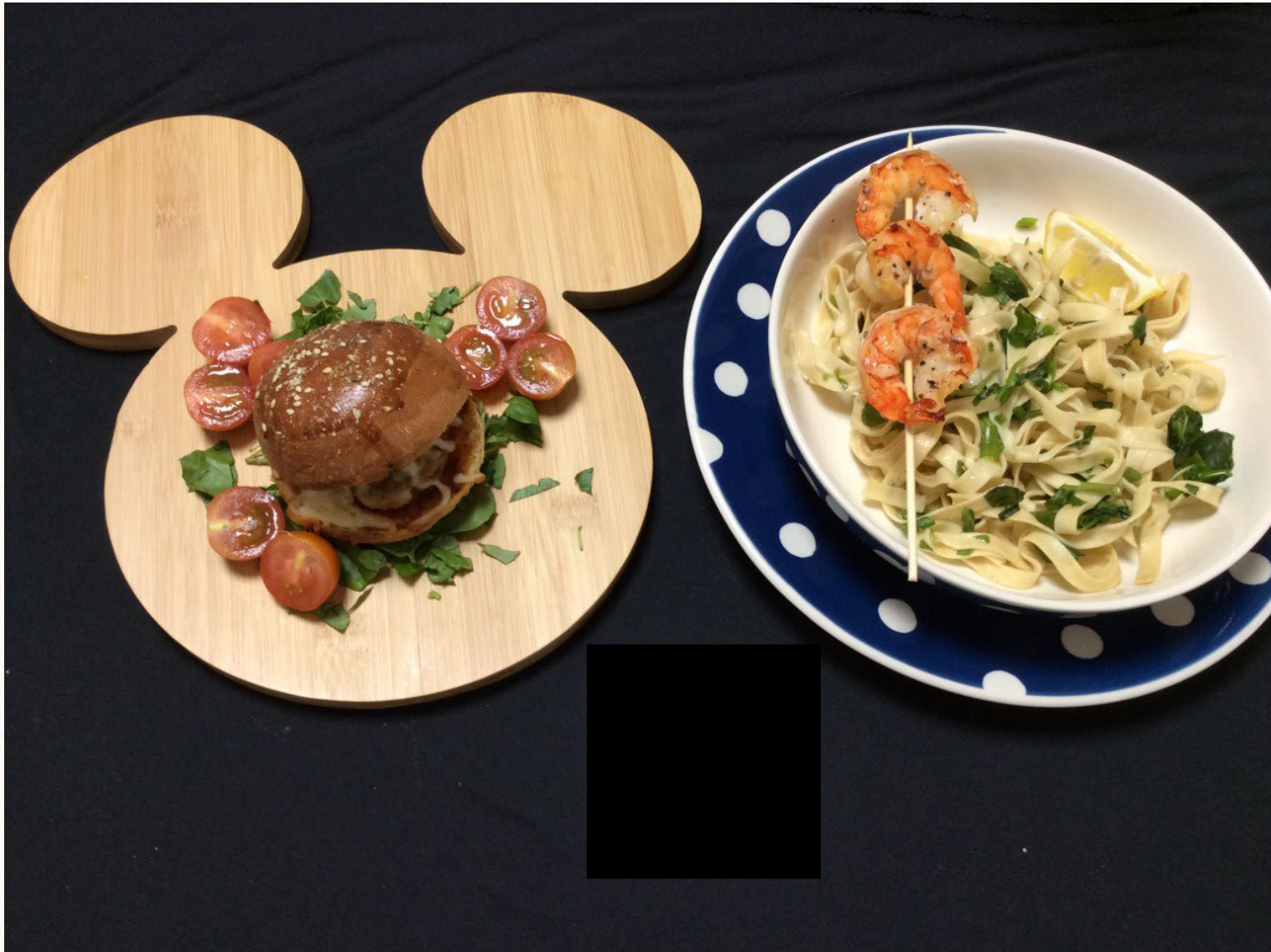
RAGU TORTELLINI – HOMEMADE PASTA AND SAUCE





CHINESE FRIED DUMPLINGS WITH A CHILL SOY DIPPING SAUCE





PRAWN LINGUINE (HOMEMADE PASTA) BURGER WITH HOMEMADE BUN AND MAYONNAISE



HOMEMADE RAVIOLI AND BREAKFAST ROLLS WITH HOMEMADE BAKED BEANS





CHOCOLATE ECLAIRS, MACARONS AND HOMEMADE BURGER & AIOLI





SPINACH TARTLETS, CORNISH (STYLE) PASTIES AND RAVIOLI



RAVIOLI, LEMON MERINGUE PIES AND BRAIDED PIZZA





HOMEMADE MACARONS WITH A RASPBERRY COULIS CENTRE



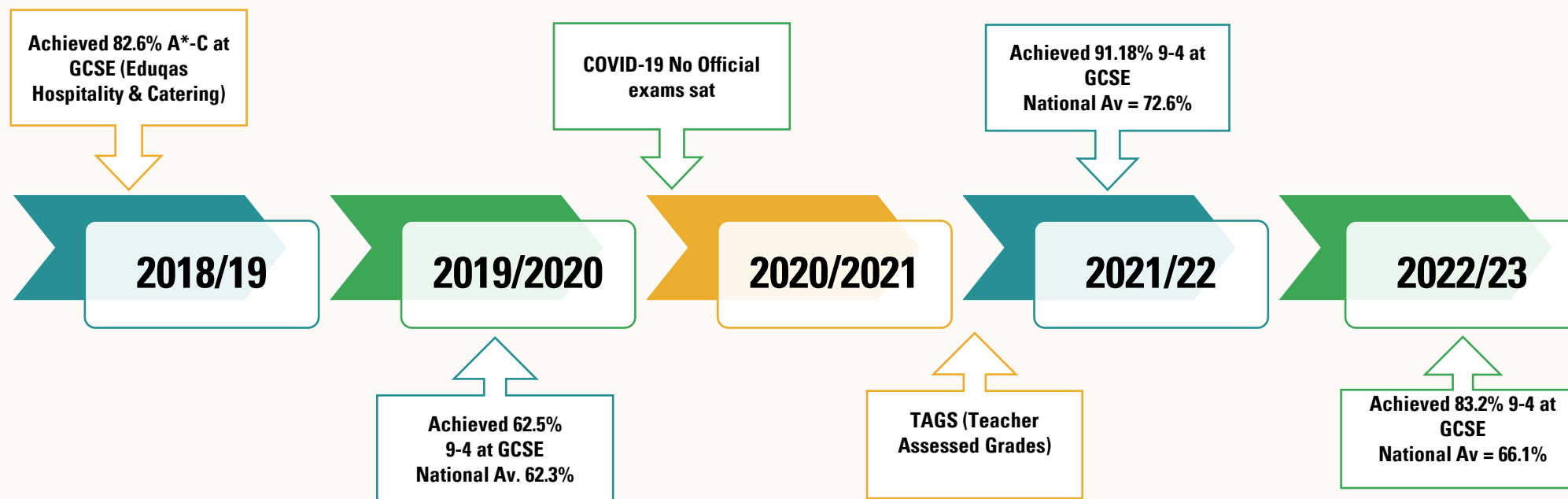


COTTAGE PIE, FRUIT GATEAUX AND HOMEMADE TORTELLINI



HOMEMADE BURGERS WITH HOMEMADE BRIOCHE BUN AND MAYONNAISE





## GCSE



**GCSE  
FOOD PREPARATION &  
NUTRITION**

## POST-16



**Level 3 Food Nutrition &  
Science**



**Hospitality & Catering**

## HIGHER

- BSc Food and Nutrition
- BSc (Hons) Public Health Nutrition
- BSc (Hons) Food Science & Technology
- BSc (Hons) Sports, Conditioning and Sports Nutrition

**Apprenticeships available**



# Why choose Food Preparation and Nutrition?

- You love cooking.
- Are interested in food, nutrition and how it all works.
- You like the idea of a creative subject in amongst it!
- There are a vast number of career options in food.
- You will be well looked after.
- Our results have always been excellent.

