


**SUBJECT: GCSE FOOD PREPARATION AND NUTRITION**

YEAR GROUP:	Year 11					
<b>Rationale:</b>	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 and to give them a strong understanding of nutrition. During year 11 pupils will complete NEA 2 which will see them plan prepare and cook a meal suitable for a Italian cuisine or a young child. They will research their chosen brief, develop skills, plan, make and evaluate 3 dishes. Theory continues to takes them through the series of 5 sections of food and nutrition in preparation for their GCSE written exam. There will be an emphasis on retrieval practice, revision techniques and exam strategies					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>Topic/Unit</b>	<b>NEA 2</b>  <b>Section A – Research</b>	<b>NEA 2</b>  <b>Section B – Developing skills</b>  <b>Section C – Planning</b>	<b>NEA 2</b>  <b>Section D – Make</b>  <b>Section E – Evaluation</b>	<b>NEA 2 – Final submission</b>		
	<b>THEORY SECTION 3</b>  3.4 Food Safety - Food spoilage and contamination - Principles of food safety	<b>THEORY SECTION 4</b> 3.5 Food choice - factors effecting food choice - British and international cuisine - Sensory evaluation	<b>THEORY SECTION 5</b>  3.6 Food Provenance - environmental impact and sustainable food - food processing and production	<b>RECAP ON THEORY 1 &amp; 2</b> 3.2 Food, nutrition, and health 3.3 Food Science	<b>REVISION AND EXAM PREPARATION</b>	<b>GCSE EXAM – May-June</b>
<b>Knowledge</b>	Analysing and researching the brief Selection of dishes	Demonstrating of 4 medium to high level skill dishes Creating a time plan and reason for choice for 3 final dishes.	Undertake 3-hour practical exam and cook 3 dishes suitable to brief Evaluate dishes against the brief.			
	Pupils will gain understanding of - microorganisms and enzymes - the signs of food spoilage - microorganisms in food production - bacterial contamination - buying and storing food preparing, cooking and serving food	Pupils will gain understanding of - factors which influence food choice - food choices such as religion, beliefs and intolerances - food labelling and marketing influence - characteristics of cuisines - importance of senses when making food choices	Pupils will gain an understanding of - food sources - food and the environment - sustainability of food - food production - technological developments associated with better health and food production.	Exam style questions, key terms, theory knowledge and retrieval	Exam style questions, key terms, theory knowledge and retrieval	
<b>Skills</b>	- Research skills	- Research skills - Planning skills - General practical skills - Knife skills - Preparing fruit and vegetables - Use of cooker and hob	- General practical skills - Knife skills - Preparing fruit and vegetables - Use of cooker and hob			



		<ul style="list-style-type: none"> <li>- Cooking methods</li> <li>- Use of equipment</li> </ul>	<ul style="list-style-type: none"> <li>- Cooking methods</li> <li>- Use of equipment</li> <li>- Evaluation skills</li> </ul>			
	Students will be able to <ul style="list-style-type: none"> <li>- Identify, select, and break down and summarise key information</li> <li>- Recognise key terminology</li> <li>- Reflect, analyse, and plan through practical evaluation</li> </ul> Analyse and practice exam technique	Students will be able to <ul style="list-style-type: none"> <li>- Identify, select, and break down and summarise key information</li> <li>- Recognise key terminology</li> <li>- Reflect, analyse, and plan through practical evaluation</li> <li>- Analyse and practice exam technique</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>- Identify, select, and break down and summarise key information</li> <li>- Recognise key terminology</li> <li>- Reflect, analyse, and plan through practical evaluation</li> <li>- Analyse and practice exam technique</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>- Identify, select, and break down and summarise key information</li> <li>- Recognise key terminology</li> <li>- Reflect, analyse, and plan through practical evaluation</li> <li>- Analyse and practice exam technique</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>- Identify, select, and break down and summarise key information</li> <li>- Recognise key terminology</li> <li>- Reflect, analyse, and plan through practical evaluation</li> <li>- Analyse and practice exam technique</li> </ul>	
<b>Assessments</b>	Internal assessment – Research section – 6	Internal assessment – Research Developing skills and Planning – 32	Internal assessment – complete NEA – 70 marks	Final internal moderation of NEA – 100 marks		
	Internal classroom based unit test 40 marks	Mock exam 100 marks(combined 50:50 with NEA)	Internal classroom based unit test 40 marks	Trial exam 100 marks (combined 50:50 with NEA)	Externally moderated GCSE exam	