



SUBJECT: GCSE FOOD PREPARATION AND NUTRITION

Year Group	YEAR 10					
Rationale	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. Year 10 food preparation and nutrition is used to prepare students for the forthcoming year of NEA and examination.					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Topic/Unit	PRACTICAL Practice demonstrating skills THEORY SECTION 1 3.2 Food, nutrition, and health - macronutrients - micronutrients - nutritional needs and health		PRACTICAL Practice short NEA2 – Life stages THEORY SECTION 3 3.4 Food Safety - Food spoilage and contamination - Principles of food safety	PRACTICAL Practice short NEA2 – Cuisines THEORY SECTION 4 3.5 Food choice - factors effecting food choice - British and international cuisine - Sensory evaluation	PRACTICAL Development of skills THEORY SECTION 2 3.3 Food Science - cooking of food and heat transfer - functional and chemical properties of food	PRACTICAL Practice NEA 1 THEORY SECTION 5 3.6 Food Provenance - environmental impact and sustainable food - food processing and production
Knowledge	A series of practical lessons to be able to practice and demonstrate a range of medium and high-level skills Pupils will gain understanding of - function, source, deficiency and excess of protein, fat and carbohydrates - Eatwell guide and current guidelines for a healthy diet - nutritional needs for the different age groups.		Pupils will research a chosen life stage and make 2 dishes with justification and evaluation 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 research a chosen cuisine and make 2 dishes with planning and evaluation 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 further develop medium/high level skills to rectify and perfect skills in preparation of NEA2 launch Pupils will gain an understanding of - why food is cooked and how heat is transferred to food - how to select the correct cooking methods - how preparation and cooking can affect the characteristics of food - the working and functional characteristics of macro nutrients	Pupils will perform a practice NEA 1 this will include research, investigation and evaluation of a food investigation task. 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.
Skills	Pupils will have the opportunity to practice a range of skills set out by the exam board - General practical skills - Knife skills - Preparing fruit and vegetables - Use of cooker and hob - Cooking methods - Use of equipment - Prepare combine and shape - Dough - pasta/ bread making		- General practical skills - Knife skills - Preparing fruit and vegetables - Use of cooker and hob - Cooking methods	- General practical skills - Knife skills - Preparing fruit and vegetables - Use of cooker and hob - Cooking methods	- General practical skills - Knife skills - Preparing fruit and vegetables - Use of cooker and hob - Cooking methods	- Research skills - Cooking method skills - Testing skills - Practical skills - Evaluation skills



			<ul style="list-style-type: none"> - Use of equipment - Research skills - Evaluation skills 	<ul style="list-style-type: none"> - Use of equipment - Research skills - Planning skills - Evaluation skills 	<ul style="list-style-type: none"> - Use of equipment - Evaluation skills 	
	<p>Students will be able to</p> <ul style="list-style-type: none"> - Identify, select, and break down and summarise key information - Recognise key terminology - Reflect, analyse, and plan through practical evaluation - Analyse and practice exam technique 	<p>Students will be able to</p> <ul style="list-style-type: none"> - Identify, select, and break down and summarise key information - Recognise key terminology - Reflect, analyse, and plan through practical evaluation - Analyse and practice exam technique 	<p>Students will be able to</p> <ul style="list-style-type: none"> - Identify, select, and break down and summarise key information - Recognise key terminology - Reflect, analyse, and plan through practical evaluation - Analyse and practice exam technique 	<p>Students will be able to</p> <ul style="list-style-type: none"> - Identify, select, and break down and summarise key information - Recognise key terminology - Reflect, analyse, and plan through practical evaluation - Analyse and practice exam technique 	<p>Students will be able to</p> <ul style="list-style-type: none"> - Identify, select, and break down and summarise key information - Recognise key terminology - Reflect, analyse, and plan through practical evaluation - Analyse and practice exam technique 	
Assess-ments	Internal assessment – Skills write up – 30 marks	Internal assessment – Research of dietary need 6 marks	Internal assessment – mini NEA 30 marks	Internal assessment – mini NEA 30 marks	Internal assessment – skills development – 30 marks	NEA 1 practice internal assessment – 30 marks
	Internal classroom based unit test 40 marks	Internal classroom based unit test 40 marks	Internal classroom based unit test 40 marks	Internal classroom based unit test 40 marks	Internal classroom based unit test 40 marks	End of Year Written test 100 marks