



GCSE FOOD PREPARATION AND NUTRITION: Curriculum map

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 / COURSEWORK Development of Food Preparation task 'Research and Skills'		PRACTICAL / COURSEWORK Development of Food Preparation task 'Planning and Evaluation'		PRACTICAL/ COURSEWORK Development of Food investigation 'Research, investigation and evaluation'	
	THEORY SECTION 1 3.2 Food, nutrition, and health - macronutrients - micronutrients - nutritional needs and health		THEORY SECTION 2 3.3 Food Science - cooking of food and heat transfer - functional and chemical properties of food	THEORY SECTION 4 3.5 Food choice - factors effecting food choice - British and international cuisine - Sensory evaluation	THEORY SECTION 3 3.4 Food Safety - Food spoilage and contamination - Principles of food safety	THEORY SECTION 5 3.6 Food Provenance - environmental impact and sustainable food - food processing and production
Knowledge	Pupils will complete a mini food preparation task with the focus on a life stage. Pupils will focus on the research and skills section this will include making dishes to develop a range of high-level skills.		Pupils will continue to develop high level skills and make a range of dishes. Pupils will learn how to dovetail and create time plans.	Pupils will continue to develop high level skills and learn how to evaluate dishes with a detailed sensory analysis and justification.	Pupils will complete a mini food investigation task. Pupils will focus on research and planning an investigation and evaluating. Pupils will perform 2 investigations on a chosen topic.	
	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 gain understanding of - function, source, deficiency and excess of vitamins and minerals. - factors that effect BMR and the percentage of energy from nutrients. - nutritional information to carry out nutritional analysis.	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 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 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 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 - Use of equipment - Research skills - Evaluation skills	- General practical skills - Knife skills - Preparing fruit and vegetables - Use of cooker and hob - Cooking methods - Use of equipment - Research skills - Planning skills - Evaluation skills	- General practical skills - Knife skills - Preparing fruit and vegetables - Use of cooker and hob - Cooking methods - Use of equipment - Evaluation skills	- Research skills - Cooking method skills - Testing skills - Practical skills - Evaluation skills
	Students will be able to - Identify, select, and break down and summarise key information - Recognise key terminology - Reflect, analyse, and plan through practical evaluation - Analyse and practice exam technique		Students will be able to - Identify, select, and break down and summarise key information - Recognise key terminology - Reflect, analyse, and plan through practical evaluation - Analyse and practice exam technique	Students will be able to - Identify, select, and break down and summarise key information - Recognise key terminology - Reflect, analyse, and plan through practical evaluation - Analyse and practice exam technique	Students will be able to - Identify, select, and break down and summarise key information - Recognise key terminology - Reflect, analyse, and plan through practical evaluation - Analyse and practice exam technique	Students will be able to - Identify, select, and break down and summarise key information - Recognise key terminology - Reflect, analyse, and plan through practical evaluation - Analyse and practice exam technique
Assessment Formative	Development of food preparation task - Research - Selection of dishes - 3 x skill write ups Pupils will receive written feedback and opportunity to respond.	Pupils will complete skills audit and RAG rate their competence performing the skill. Verbal feedback given during practical lessons to respond.	Development of food preparation task - Planning meals - Time plan Pupils will receive written feedback and opportunity to respond.	Development of food preparation task - Final evaluations x 3 Pupils will receive written feedback and opportunity to respond. Verbal feedback given during practical	Development of food investigation task	NEA 1 practice internal assessment – 30 marks



	Verbal feedback given during practical lessons to suggest areas for improvement.	suggest areas for improvement.	Verbal feedback given during practical lessons to suggest areas for improvement.	lessons to suggest areas for improvement.		
	Exam style questions during theory lessons assessed on food nutrition and health. 40 point test based on the nutritional analysis and evaluation extended exam questions.	Exam style questions during theory lessons assessed on food nutrition and health. 40 point test based on the health related illnesses.	Exam style questions during theory lessons assessed on food science. 40 point test based on food science.	Exam style questions during theory lessons assessed on food choice. 40 point test based on food choice	Exam style questions during theory lessons assessed on food safety. 40 point test based on food safety.	Exam style questions during theory lessons assessed on food provenance 40 point test based on food provenance.
Assessment Summative		Food preparation task marked out of 40 – this will form 50% of overall summative grade				Food preparation task marked out of 100 – this will form 50% of overall summative grade
		Nutrition and health topic will be assessed as part of the Y10 high stakes 1 testing Pupils will be assessed using exam board questions from the unit and marked in line with exam mark scheme and grade boundaries The exam forms the other 50% which will form the overall summative grade.				Nutrition and health topic will be assessed as part of the Y10 high stakes 1 testing Pupils will be assessed using exam board questions from the unit and marked in line with exam mark scheme and grade boundaries The exam forms the other 50% which will form the overall summative grade.
Homework	Preparation Pupils will be given independent revision based on the units.	Preparation Pupils will be given independent revision based on the units.	Preparation Pupils will be given independent revision based on the units.	Preparation Pupils will be given independent revision based on the units.	Preparation Pupils will be given independent revision based on the units.	Preparation Pupils will be given independent revision based on the units.
	Practise Pupils will be given exam question based on the topic covered in this unit.	Practise Pupils will be given exam question based on the topic covered in this unit.	Practise Pupils will be given exam question based on the topic covered in this unit.	Practise Pupils will be given exam question based on the topic covered in this unit.	Practise Pupils will be given exam question based on the topic covered in this unit.	Practise Pupils will be given exam question based on the topic covered in this unit.
	Extension Pupils will be asked to create their own revision notes in appropriate styles to them to extend and consolidate learning.	Extension Pupils will be asked to create their own revision notes in appropriate styles to them to extend and consolidate learning.	Extension - Pupils will be asked to create their own revision notes in appropriate styles to them to extend and consolidate learning.	Extension Pupils will be asked to create their own revision notes in appropriate styles to them to extend and consolidate learning.	Extension Pupils will be asked to create their own revision notes in appropriate styles to them to extend and consolidate learning.	Extension Pupils will be asked to create their own revision notes in appropriate styles to them to extend and consolidate learning.