

## Year 10 Food Preparation and Nutrition - GCSE

Food Preparation and Nutrition is a creative and academic subject in which students learn through making. Lessons in Year 10 focus on giving students the necessary skills and subject knowledge to provide the foundation for the NEA and final examination in Year 11. Students are given the opportunity to develop and practise a wide range of skills along with having a greater understanding of nutrition, the science behind food as a material and wider environmental aspects associated with food. The GCSE course promotes independent thinking, forward planning and organisational skills.

### Methods of deepening and securing knowledge:

Retrieval practice	Students build upon prior learning from previous years, enhancing their practical skills and subject knowledge. Retrieval practice is evident in starter and plenary activities such as low stakes quizzes relating to prior knowledge.
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	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Topic(s)	<b>Definition of fat and its function in the diet</b> <b>Food science investigation</b> - Use of shortening when making pastry - Students investigate what type of fat is best for short crust pastry, varying the ratio of fat and flour	<b>Nutrients and their function:</b> - A more in depth look at nutrients and why we need them - Adapting recipes to increase nutritional value Functions of vitamins and minerals	<b>Mini NEA 2</b> - Students carry out a practice of the NEA 2 task which will be set and completed in Y11	<b>Food Choice</b> - Special diets - Seasonality - Cultural issues - Moral issues	<b>Food Provenance</b> - Environmental issues - Food miles - Sustainability	<b>Food Safety</b> - Food spoilage and contamination - Principles of food safety
Assessment	- Assessment of investigation task		- NEA 2 Food preparation and cooking assessment	- Assessment of making and planning	- Assessment of making and planning	
CEIAG ( <i>Careers that are linked to that topic</i> )	- Food scientist - Food technologist	- Dietitian	- Restaurant manager	- Caterer - Chef	- Product development	

Independent learning:

Students complete tasks set from the CGP Revision guide.