



Overview:

Food Preparation and Nutrition is a practical and creative course which focuses on giving students the necessary skills and subject knowledge to provide the foundation for the two NEA (Non Exam Assessment) tasks and the final exam in Year 11. The course involves a practical element, covering 12 skills such as weighing and measuring, knife skills, preparation of ingredients, cooking methods and use of equipment. The topics covered are; Food Nutrition and Health, Food Science, Food Safety, Food Choice, Food Provenance and Food Preparation.

Careers in the Curriculum:

The topics covered will highlight links to careers in nutrition, product development, catering, hospitality, food safety and food sustainability and the environment.

Term	Topic	Assessment
Aut1	<ul style="list-style-type: none"> Introduction to the course, understanding how the GCSE is divided into two NEA tasks and a written exam. <p>Burger Project</p> <ul style="list-style-type: none"> Food Safety: Buying, storing, preparing and cooking ingredients safely. The 14 common allergens Nutrition: The Eatwell Guide, nutritional needs throughout life and meal planning. Practical: Burger. Evaluation 	<ul style="list-style-type: none"> Baseline assessments of both knowledge and skills Formative assessment of knowledge and skills throughout End of topic quiz
Aut2	<p>The following topics will be covered in relation to Protein and alternatives:</p> <ul style="list-style-type: none"> Food Safety: Handling and preparing meat safely. Food and Nutrition: What protein does for our bodies. Food Science: How food is cooked, heat transfer, how protein ingredients work. Food Provenance: Primary and Secondary processing of meat and protein alternatives. Food Choice: How religion, culture, moral and ethical choices affect what we eat. Food Preparation Skills 	<ul style="list-style-type: none"> Formative assessment of knowledge and skills throughout End of topic quiz
Spr1	<p>The following topics will be covered in relation to Carbohydrates:</p> <ul style="list-style-type: none"> Food Safety Food and Nutrition: Complex and simple carbohydrates, fibre, effects of deficiency and excess. Food Science: How carbohydrate ingredients and raising agents work and why Food Provenance: Primary and Secondary processing of cereals Food Choice Food Preparation Skills 	<ul style="list-style-type: none"> Formative assessment of knowledge and skills throughout End of topic quiz
Spr2	<p>The following topics will be covered in relation to Fats:</p> <ul style="list-style-type: none"> Food and Nutrition: Saturated and unsaturated fats, effects of deficiency and excess. Food Science: How fats ingredients work and why. Food Provenance: Primary and secondary processing of fats. Food Choice: British cuisine Food Preparation Skills <p>Non-Exam Assessment (NEA) 1 mock:</p> <ul style="list-style-type: none"> Investigating the chemical and functional properties of ingredients and processes. Making a hypothesis, conducting scientific food investigations, reporting and analysing results. 	<ul style="list-style-type: none"> NEA1 mock result
Sum1	<p>The following topics will be covered in relation to Vitamins, Minerals and Water:</p> <ul style="list-style-type: none"> Food Safety Food and Nutrition: Micronutrients, vitamins and minerals Food Science: Microorganisms in food production Food Provenance: Primary and Secondary processing of fruit and vegetables Food Choice: Sustainability of food Food Preparation Skills <p>Revision for PPE.</p>	<ul style="list-style-type: none"> Formative assessment of knowledge and skills throughout End of topic quiz
Sum2	<p>Non-Exam Assessment (NEA) 2 mock:</p> <ul style="list-style-type: none"> Food Preparation Assessment: Students are required to plan, prepare, cook and evaluate several dishes which reflect a given theme, usually based on nutrition, a cuisine or dietary need. 	<ul style="list-style-type: none"> PPE NEA2 mock result



Overview:

Students will build upon and apply previous learning from Key Stage 3 and Year 10. In Year 11 the course focuses on the two NEA (Non Exam Assessment) tasks, one being a food investigation and the other a food preparation task. Revision topics for the final exam are also covered.

Careers in the Curriculum:

The topics covered will highlight links to careers in nutrition, product development, catering, hospitality, food safety and food sustainability and the environment.

Term	Topic	Assessment
Aut1	<p>NEA 1: Food Science Investigation</p> <ul style="list-style-type: none"> Students produce a 1500-2000 word report, investigating the functional and chemical properties of ingredients Within the report, students: <ul style="list-style-type: none"> Research into the topic given by the exam board Plan and conduct two to three food science experiments Record and evaluate their results, reflecting upon their hypothesis 	<ul style="list-style-type: none"> NEA1. AH1 written assessment Formative assessment of knowledge through quizzes and Independent Learning
Aut2	<ul style="list-style-type: none"> Revision Practical skills development lesson NEA 2: Food Preparation Assessment Food Preparation Assessment Students are required to plan, prepare, cook and evaluate several dishes which reflect a given theme, usually based on nutrition, cuisine or dietary need Students produce a 20 page document, and cook several dishes throughout the NEA Section A: Researching the task 	<ul style="list-style-type: none"> NEA2: Section A and B Formative assessment of knowledge through quizzes and Independent Learning
Spr1	<p>NEA2 Section B: Demonstrating and evaluating technical skills. Students produce three to four dishes which link to the task and research, demonstrating as many skills as possible</p> <p>NEA2 Section C: Planning the final menu. Students choose three final dishes to cook, having developed them from the dishes in Section B. They produce a time plan to outline how they will cook the three dishes in the three hour practical exam</p>	<ul style="list-style-type: none"> NEA2: Section B and C Formative assessment of knowledge through quizzes and Independent Learning
Spr2	<p>NEA2 Section D: Three hour practical exam. Students have three hours to produce three dishes, demonstrating as many technical skills and finishing techniques as possible, as well as demonstrating time management and knowledge of Food Safety</p> <p>NEA2 Section E: Evaluating the final dishes. Students evaluate the cost, nutritional value, technical skills and sensory qualities of the dishes they produced</p>	<ul style="list-style-type: none"> NEA2: Section D and E Formative assessment of knowledge through quizzes and Independent Learning PPE written assessment
Sum1	Exam preparation and revision.	
Sum2	Exam preparation and revision.]Final exams