

Food Preparation & Nutrition – Year 10 & 11

Exam Board: AQA

Curriculum Overview

Year 10

Term 1.1

- Introduction to Food Preparation and Nutrition
- Health and Safety
- Nutrition

Assessment 1.1 Exam questions based on Health and Safety and Nutrition

Term 1.2

- General practical skills- Knife skills, preparing fruit and vegetables
- Eatwell Plate
- Diet through life
- Diet related illnesses

Assessment 1.2 exam questions based on Diet

Term 2.1

- Practical Skills- Use of equipment, use of cooker, cooking method
- Food Science
- Heat transfer
- Chemical properties of food principles of food

Assessment 2.1 exam questions based on Food Science

Term 2.2

- Practical skills- Dough, raising agents, setting mixtures
- Food Choice
- Awareness of taste, texture and smell of cultural foods
- Understanding of dietary needs and life stages

Assessment 2.2 exam questions based on Food choice

Term 3.1

- Practical skills-menu planning
- Food Provenance
- Understand the source, seasonality and characteristics of a broad range of ingredients

Assessment 3.1 exam questions based on Food Provenance

Term 3.2

- Practical skills- independent cooking and menu planning
- Investigation task-raising agents and vegetarian substitutes

Assesment- Mock exam based

Year 11

Term 1.2

- NEA 1: Food investigation (to be set by exam board)

Assessment- Controlled assessment Task 1

Term 1.2

- NEA 1: Food investigation (to be set by exam board)
- NEA 2: Food Preparation assessment (to be set by exam board)

Assessment 1- Mock based exam

Term 2.1

- NEA 2: Food Preparation assessment (to be set by exam board)

Assessment- exam questions based on all topics covered in Year 10

Term 2.2

- NEA 2: Food Preparation assessment (to be set by exam board)

Assessment- exam questions based on all topics covered in Year 10

Term 3.1

- NEA 2: Food Preparation assessment (to be set by exam board)
- Theory re-cap

Assessment- mock exam paper for paper 1 and paper 2

Term 3.2

Theory re-cap and Theory examination

Subject Specific Skills

This new 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 to give them a strong understanding of nutrition.

Food preparation skills are integrated into five core topics:

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance

Upon completion of this course, students will be qualified to go on to further study or embark on an apprenticeship or full-time career in the catering or food industries.

Methods of Assessment and Exam Structure

Written exam: 1 hour 45 minutes • 100 marks • 50% of GCSE

Task 1: Food investigation (30 marks)

Students' understanding of the working characteristics, functional and chemical properties of ingredients. Practical investigations are a compulsory element of this NEA task.

Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation.

Task 2: Food preparation assessment (70 marks)

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than 3 hours, planning in advance how this will be achieved.

Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.

The Business, Art and Culture Faculty

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How parents and carers can help

GCSE Food Preparation and Nutrition help websites:

<http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/>