



Key Stage: 4

Subject: Food Preparation and Nutrition

Aims of the subject:

GCSE Food Preparation and Nutrition equips students with the knowledge, understanding and skills required to cook and also to apply the principles of food science, nutrition and healthy eating. Following this qualification will encourage learners to cook and enable them to make informed decisions about food and nutrition in order to be able to feed themselves and others affordably and nutritiously, now and later in life. It will allow the students to understand the huge challenges that we face globally to supply the world with nutritious and safe food. Pupils acquire an understanding of the scientific principles behind food and nutrition, and use a number of practical cooking techniques to prepare and cook food. The course has a strong focus on developing practical cookery skills and a strong understanding of nutrition. Students will learn the essentials of food science, nutrition and how to cook healthily. This qualification will give young people the preparation they need to succeed in the food and hospitality industries; as well as giving them vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

GCSE Examination Board: AQA

Assessment Overview:

- Component 1: Principles of Food Preparation and Nutrition
Written examination: 1 hour 45 minutes
50% of qualification
- Component 2: Food Preparation and Nutrition in Action Non-examination assessment: internally assessed, externally moderated
Assessment 1: 8 hours
Assessment 2: 12 hours
50% of qualification

Year	What will I learn?	Assessment
Year 9	Term 1 Development of various practical skills and techniques in order to make a variety of products: Sticky Toffee Pudding, Curry, Cheesecake, Meatballs and	Various practical tasks Evaluations of practical tasks Packaging Net

	<p>Ragu Sauce, Roulade, Tiramisu, Stuffed Chicken and Sauce, Chicken Pie, Raising Agents</p> <p>Term 2 Working Properties of Starch Soup and Bread shapes. Healthy Eating and Nutrition and Soup practical Nutritional labelling Labelling and Packaging Sensory Analysis Storage and Factors affecting the contamination of food Level 2 Food Safety and Hygiene Course</p> <p>Term 3 Year 9 Junior Master Chef Competition Practicals and theory of Pastry – shortcrust, choux and puff pastry Developing ideas for a new product and planning production schedules Needs of groups in society Coagulation theory and practicals – Lemon Curd and Swiss Roll Gelatinisation theory and practicals</p>	<p>Test on Starch Various practical tasks Evaluations of practical tasks Online Level 2 Food Safety and Hygiene Certificate</p> <p>Junior Master Chef Work Various practical tasks Evaluations of practical tasks Test on Gelatinisation Design Ideas for Puff Pastry Product Planning for Puff Pastry Product</p>
Year 10	<p>Term 1 Factors Affecting Food Choice: Food Labelling and marketing influences British and international cuisines: research and practicals based on different cuisines Sensory Evaluation Macronutrients: Proteins: Alternative Proteins, definition, functions, and sources in the diet, effects of a deficiency or an excess of and the amounts needed every day for different life stages and practicals</p>	<p>Test on labelling and factors influencing food choice</p> <p>Test</p>

	<p>Term 2</p> <p>Macronutrients: Proteins: Alternative Proteins definition, functions, and sources in the diet, effects of a deficiency or an excess of and the amounts needed every day for different life stages and practicals.</p> <p>Fats: definition, functions, and sources in the diet, effects of a deficiency or an excess of and the amounts needed every day for different life stages and practicals.</p> <p>Carbohydrates: definition, functions, and sources in the diet, effects of a deficiency or an excess of and the amounts needed every day for different life stages and practicals</p> <p>Micronutrients: Vitamins and Minerals: definition, functions, and sources in the diet, effects of a deficiency or an excess of and the amounts needed every day for different life stages and practicals</p> <p>Term 3:</p> <p>Cooking of food and heat transfer</p> <p>Functional and chemical properties of food</p> <p>Preparation for Mock NEA: Food Investigation Task and Food Preparation Task</p>	<p>Test</p> <p>Test</p> <p>Test</p> <p>Practical and written assessments</p> <p>Mock NEA's</p>
Year 11	<p>Term 1: TBC</p> <p>Term 2: TBC</p> <p>Term 3: TBC</p>	

Extra-curricular opportunities

There may be opportunities for pupils to take part in after school cooking clubs and charity events. These will be publicised in the pupil bulletin.

How you can support your child's progress

It is important that your child is organised and does not forget what they need to bring with them for each lesson. If they are absent from school, they have to find out what you have missed and if they need to bring anything to the next lesson. It is their responsibility to ensure that they are prepared for every lesson. Failure to do so will result in sanctions. Each time that they have a practical lesson, they must remember to bring a suitable container / dish to take what they have made home. All containers / dishes must be clearly labelled with their full name and tutor group. If pupils have regular experience of cooking at home, this will help them in the lesson so that they are confident workers in the classroom.

Homework

To extend their learning outside of school, pupils will be set homework. Some of this homework will involve the weighing / measuring and preparation of ingredients for the following practical activity. Pupils must make sure that all homework is completed and handed in on time. They must make sure that they have read instructions carefully and that work is completed to a standard that shows the best of their ability. If they are absent from school they will still be expected to complete homework. Failure to submit homework tasks on time will result in a department detention. Failure to produce work of a good enough standard will also result in sanctions. Please encourage your child to proof-read their homework to check for any spelling and grammatical errors. They should also check that they have met the assessment criteria.