



## Food Preparation and Nutrition KS4 Curriculum Overview 2019 – 20

### Create, Inspire, Conquer

Examination Units of Work: **Food Nutrition and Health**, **Food Science**, **Food Hygiene and Safety**, **Food Choice and Food Provenance**

Exam board and syllabus name: AQA Food Preparation and Nutrition		Coursework 50%		Final examination 50%
Year 10				
Term	Unit/topic	Knowledge	Practical Skills	Assessment
Autumn term 1	Food Hygiene and Safety  Protein Nutrition and Science	Microorganisms and enzymes. Signs of food spoilage. Microorganisms in food production. Bacterial contamination Principles of food safety.  Function, sources, deficiency and excess. Working characteristics, scientific function and chemical properties.	Bread making (S4 and S10) Preparing fish (S1 and S7) How acids denature and coagulate proteins (S9) Knife skills (S2) Marinades (S9)	Food Hygiene and Safety Mock Exam
Autumn term 2	Carbohydrate Nutrition and Science Fat Nutrition and Science Vitamins and Minerals Nutrition	Function, sources, deficiency and excess. Working characteristics, scientific function and chemical properties.	Make a pastry, shape and finish (S10). Modify a recipe to reduce total fat. Sauce making (S8) Setting mixtures (S12)	Practical Assessment – modification of a recipe to reduce total fat.  Food Hygiene, Safety, Food Science and Nutrition Mock Exam.
Spring term 1	Nutritional needs and health	Making informed choices for a balanced and varied diet. Nutritional needs for different age groups. How to plan a balanced meal for specific dietary groups.	Select modify and make recipes for different groups of people (S1-12). Presenting food – teacake challenge.	Practical Assessment – Presentation of a dish.

**Food Preparation and Nutrition KS4 Curriculum Overview 2019 – 20**  
**Create, Inspire, Conquer**



		<p>Energy needs (Basal metabolic rate - BMR, physical activity level - PAL) How to carry out nutritional analysis.</p> <p>Know and understand how different factors affect food choice. Food labelling and marketing.</p>		
<b>Spring term 2</b>	<p>Sensory analysis methods</p> <p>NEA1 Mock – Food Investigation</p>	<p>Sensory testing methods How taste receptors and olfactory systems work when tasting food.</p> <p>Students' understanding of the working characteristics, functional and chemical properties of ingredients.</p>	<p>General practical skills (S1) Knife skills (S2)</p> <p>Research Investigation Analysis and Evaluation</p>	<p>NEA1 Mock – Food Investigation</p>
<b>Summer term 1</b>	<p>Cooking of food and Heat transfer. Selecting appropriate cooking methods.</p>	<p>The reasons why food is cooked. The different methods of heat transfer. How the selection of appropriate preparation and cooking methods can affect nutritive value, sensory aspects and overall palatability.</p>	<p>Enriched bread dough (S10) Cakes (S11)</p>	<p>Full mock exam across all units of work.</p>

## Food Preparation and Nutrition KS4 Curriculum Overview 2019 – 20

### Create, Inspire, Conquer



	<p>Primary &amp; secondary processing</p> <p>British &amp; International cuisine</p>	<p>Types of processing How processing affects the sensory and nutritional properties of food</p> <p>Products from Britain and two different cuisines</p>	<p>Jam making (S1, S3, S4)</p> <p>Secondary research skills in preparation for NEA2</p>	
<b>Summer term 2</b>	NEA2 Mock – Food Preparation Assessment	Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.	Prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning how this will be achieved	NEA2 Mock
<b>Year 11</b>				
<b>Term</b>	<b>Unit/topic</b>	<b>Knowledge</b>	<b>Skills</b>	<b>Assessment</b>
<b>Autumn term 1</b>	NEA1 – Food Investigation (15% of the GCSE)	Students' understanding of the working characteristics, functional and chemical properties of ingredients.	Research Investigation Analysis and Evaluation	NEA1 – Food Investigation (15% of the GCSE)
<b>Autumn term 2</b> <b>Spring term 1</b>	NEA2 – Food Practical Assessment (35% of the GCSE)	Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.	Prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning how this will be achieved.	NEA2 – Food Practical Assessment (35% of the GCSE)



**Food Preparation and Nutrition KS4 Curriculum Overview 2019 – 20**  
**Create, Inspire, Conquer**

<b>Spring term 2</b>	<b>Food choice</b>  Environmental impact and sustainability of food.  Technical developments to support better health and food production.	<b>Ethical and moral reasons for different food choices – Fairtrade, animal welfare.</b>  Where and how ingredients are caught, grown and reared. Environmental issues associated with food. The impact of food and food security on local and global markets and communities.  Food fortification and genetic modification.	Examination skills	Full Mock Paper
<b>Summer term 1</b>	Revision lessons	Revision lessons	Revision lessons	Full Mock Paper
<b>Summer term 2</b>	<b>Most of this half term is made up of study leave and GCSEs.</b>			