Key Stage 4

Subject: GCSE Food, Preparation and Nutrition (Eduqas)

Intent

Food and Nutrition in our academy will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. Our curriculum will encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

Through food and nutrition, students will

- demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
- develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks
- understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices
- demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.

To implement the Ofsted, Government and Academy's healthy eating criteria.

Programme of study and assessment

	Autumn Term	Spring Term	Summer Term
Year 10	**Topics - Fruit and vegetables including potatoes** • Provenance • How commodity is grown/reared and processed • Classification of fruits and vegetables • Nutritional value • Dietary considerations • Food science – oxidation/enzymic browning	**Topic - Milk, Cheese and Yoghurt** • Provenance • How commodity is grown/reared and processed • Classification of dairy foods • Nutritional value • Dietary considerations • Food science- emulsion, denaturation, making cream, butter, yoghurt & cheese.	**Topic – Cereals (flours, breakfast cereal, breads and pasta)** • Provenance • How commodity is grown/ reared and processed – milling of flour, breakfast cereals, wheat into bread, pasta etc • Classification of different cereals • Nutritional value • Dietary considerations- Coeliac disease etc

	• NEA practice- enzymic browning • Food hygiene and safety • Storage • Practical making various dishes. **Topic- Meat ,Fish, Poultry & eggs** • Provenance • How commodity is grown/reared and processed • Classification- cuts of meat, types of eggs • Nutritional value • Dietary considerations- religious beliefs • Food science- denaturation, coagulation, aeration, Maillard reaction etc • NEA practice • Food hygiene and safety – high risk foods, correct storage temp etc • Storage • Practical making various dishes	• NEA practice The science behind making butter, cheese & yoghurt. • Food hygiene and safety- cross contamination, high risk foods. • Practical making various dishes. **Topic- Butter, oils, margarine, sugar, syrup** • Provenance-food miles • How commodity grown/reared and processed- primary and secondary processing. • Classification • Nutritional values • Dietary considerations • Food science – plasticity, shortening, emulsification, melting points • NEA practice- e.g., show the creaming properties of fats while making sponge cake. • Food hygiene and safety- rancidity • Storage • Practical making various dishes.	• Food science- yeast as a raising agent, gluten formation • NEA practice- investigate best flour for breadmaking • Food hygiene and safety- food spoilage • Practical making various dishes **Topic- Soya, tofu, beans, nuts, seeds** • Provenance • How commodity grown/reared and processed- how soya beans are cultivated. • Classification • Nutritional values – HBV, complementing proteins • Dietary considerations- allergies • Food science • NEA practice • Food hygiene and safety- allergen contamination • Storage • Practical making various products.
Assessment	**Written assessments** -end of unit test to test knowledge and recall on the topics of fruits, vegetables, meat, fish, poultry and eggs using past exam questions. NEA task	**Written assessment** - end of unit test to test knowledge and recall on the topics of dairy products and fats and oils using short and extended questions from past exam papers. NEA task	**Written assessments**-end of unit tests to teat knowledge and recall on the topics of cereals and soya products,

	Practical assessments – 4 practical assessments to judge preparation, making and evaluation.	**Practical assessments** – 4 practical assessments to judge hygiene and safety practices, using different pieces of equipment and evaluations.	NEA task **Practical assessments-** 4 practical assessments to focus on making skills and ability to work independently and presentation skills.
Year 11	**NEA Assessment 1** **Investigation (15%).** **Task released 1st September.** **NEA Assessment 2** **Food Preparation Assessment (35%)** **Task released November** **Revision and preparation for mock examination.**	**Continue NEA 2** **Revision and preparation for mock examination**	**Revision and final exam preparation**
Assessment	**NEA 1 using exam board mark sheet** **Mock examination** using past paper covering all topics in the specification.	**NEA 2** (includes 3 hour practical examination) using exam board mark sheet. **Mock examination** using past paper covering all topics in the specification.	**Final examination**