

GCSE FOOD PREPARATION AND NUTRITION

Year 10				Year 11		
	Autumn Term	Spring Term	Summer Term	Autumn Term	Spring Term	Summer Term
Content	Introduction Eatwell Guide Macronutrients Micronutrient Sources Functions Excess Deficiency Dietary groups Nutritional needs and life stages Energy needs Nutritional analysis and meal planning Cooking of food and heat transfer Food spoilage and contamination. Food safety	Sensory evaluation Functional and chemical properties of food. Protein – denaturation, coagulation, gluten formation, foam formation. Carbohydrate – gelatinisation, caramelisation, mallard – browning, dextrinization Fats and oil-emulsification, plasticity. Raising agents – mechanical, biological and chemical	Food processing and production. Technological developments. Factors affecting food choice Religion and culture, ethical and moral and medical. Food labelling Food provenance British and international cuisines Environmental impact and sustainability	NEA1 Task Analysis Prior knowledge Research techniques Investigation planning Independent investigation Evaluation of results Conclusions High level skill techniques Skills 1-12 NEA2 Analysis Research Selecting dishes	Demonstrating technical skill Recipe1 Recipe2 Recipe3 Recipe4 Selecting dishes for the final menu Time plan Presentation of final dishes Nutritional analysis Sensory testing Costing Final evaluation Revision and different style exam questions (multiple choice, short and long) Nutrition	Revision and different style exam questions (multiple choice, short and long) Healthy eating, diet and health Nutritional needs and life stages Food safety Functional and chemical properties of ingredients and food. Food processing (wheat) Factors affecting food choice. Food provenance.
Assessment	Homework: Edulink Tests: Vocabulary and terminology End of topic multiple choice and longer answer exam q's.	Homework: Edulink Tests: Vocabulary and terminology End of topic multiple choice and longer answer exam q's.	Homework: Edulink Tests: Vocabulary and terminology End of topic multiple choice and longer answer exam q's. Mock exam preparation and Mock exam,	Homework: Edulink NEA1 internal assessment Multiple choice and longer answer exam q's. Mock exam preparation and Mock exam,	Homework: Edulink NEA 2 Internal Assessment Multiple choice and longer answer exam q's. Mock exam preparation and Mock exam,	Exam questions with individual feedback. 1.45hr external examination

A copy of the specification can be found at: <https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>