

KS4 FOOD PREPARATION AND NUTRITION AQA

The aims and objectives of GCSE Food preparation and nutrition are to enable students to:

- **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.....**

Assessment objectives:

AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.

AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.

AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.

AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.

The course is structured into two practical sessions per week in year 10 and one theory lesson to embed the theory knowledge. In year 11, two lessons per week are completion of the two NEA projects and one lesson per week is exam practice and theory revision.

The theory knowledge is taught in 5 separate topic headings- Food, Nutrition and Health, Food science, Food safety, food choice and food provenance. Each term topics are completed as listed below.

The practical knowledge and skills is taught under 12 key skills; General practice skills, Knife skills, Preparing fruit and vegetables, use of the cooker, use of equipment, cooking methods, preparing combining and shaping, Sauce-making, Tenderising and marinading, dough, Raising agents and setting mixtures. The practical's completed cover a wide range of these.

Year / term	Unit of work- Knowledge	Skills	Assessment
Year 10 Autumn Term	<p>Core topics covered</p> <p><u>1.Food, nutrition and health</u></p> <p>3.2.1.1 Protein</p> <p>3.2.1.2 Fats</p> <p>3.2.3.3. 6 big illnesses</p> <p>3.3.2.1 Eggs, coagulation, emulsification and aeration.</p> <p>3.2.3.2 Energy needs.</p> <p><u>2.Food science</u></p> <p>3.3.2.4 Raising agents,</p> <p>3.3.2.4 Honeycomb experiment.</p> <p>3.3.1.2 Marinades.</p> <p>3.3.2.4 Cake making methods.</p> <p>3.3.2.5 Yeast. Biological raising agent, fermentation, proving and kneading.</p> <p>3.3.2.2 Starch and gelatinisation</p> <p><u>3.Food safety</u></p> <p>3.4.2.2 Food safety</p> <p>3.4.1.4 Food poisoning.</p> <p>3.4.1.1 Food spoilage and contamination.</p> <p>3.4.2.1Temperatures</p> <p><u>4.Food choice</u></p> <p>3.6.1.3 Food waste</p> <p>3.5.3 Sensory analysis</p> <p><u>5.Food provenance</u></p> <p>3.2.3.1 Eatwell guide.</p> <p>3.3.2 Coating/enrobing</p>	<p>All practical dishes use a wide range of all skills 1-12. The main focus of the skill level is listed below.</p> <p>Lasagne- S1,2,3,4,5,6,7,8.</p> <p>Chicken Kiev- S1,2,3,4,5,6,7,8.</p> <p>Own choice cake S6</p> <p>Sweet and sour S8</p> <p>Lemon meringue pie S12</p> <p>Flaky pastry S7</p> <p>Choux pastryS11</p> <p>Honeycomb S11</p> <p>Halloumi kebabs S9</p> <p>Chelsea buns S10</p> <p>Mayonnaise- S8</p> <p>Christmas chosen dish.</p> <p>Bread- Dough. S10</p>	<ul style="list-style-type: none"> ● Cake practical assessment- How I am progressing. ● Key word spelling test. ● Exam question- Food waste. ● Exam question-Raising agents. ● End of unit test.
Super Curricular	<ul style="list-style-type: none"> ● Sportspersons dinner ● Soup kitchen for Gt charity week. ● Volunteer as a helper for Gastro club. ● Super curricular activities in books. ● Read an article from the literacy board. 		ASPIRE FOCUS- Practise

Year / term	Unit of work- Knowledge	Skills	Assessment
Year 10 Spring Term	<p>Core topics covered</p> <p><u>1.Food, nutrition and health</u></p> <p>3.2.1.3 Carbohydrates.</p> <p>3.2.3.1 Childhood obesity.</p> <p><u>2.Food Science</u></p> <p>3.3.1.1 Heat transfer methods.</p> <p>3.3.2.4 Experiment on raising agents.</p> <p>3.3.2.1 Gluten formation.</p> <p>3.3.2.4 Aeration.</p> <p><u>3.Food safety</u></p> <p>3.4.1.1. High risk foods</p> <p>3.4.1.4 Food contamination.</p> <p><u>4.Food choice</u></p> <p>3.2.3.1 Dietary needs.</p> <p>3.2.3.4 Diet analysis GDA's</p> <p>3.2.3.3 Food labelling.</p> <p>3.5.1.2 Religions and cultural diets.</p> <p>3.5.2 International cuisine.</p> <p>3.5.2 Great British culture</p> <p><u>5.Food provenance</u></p> <p>Mock exam 26th March- Practical and theory and knowledge.</p>	<ul style="list-style-type: none"> • Knife skills S2 • Pasta making- ravioli S10 • Deboning a chicken S1 • Filleting a fish. S1 • Soup S3 • Own choice British cuisine. S5 • Own choice chicken dish. S5 • Own choice dish based on Eatwell guide. S7 • Mock exam practical dish. • Bread S10 	<ul style="list-style-type: none"> • Knife skills test. • Key word spelling test. • Exam question- obesity in children. • Mock exam paper and practical work.
Super Curricular	<p>•Watch the Great British Bake off and create your own show stopper!</p> <ul style="list-style-type: none"> • Find out about what the safer food, better business website is about. • Look for food blogs such as the Body Coach on Instagram. • Look up the food hygiene report on your favourite restaurant and tell your family about it. 		ASPIRE FOCUS - Take risks

Year / term	Unit of work- Knowledge	Skills	Assessment
Year 10 Summer Term	<p>Core topics covered</p> <p><u>1.Food, nutrition and health</u></p> <p>Macro and micronutrients.</p> <p>3.2.1.3 Carbohydrates.</p> <p>3.2.3.1 Different life changes.</p> <p>3.2.3.1 Recipe analysis.</p> <p><u>2.Food Science</u></p> <p>3.3.1.1 Heat transfer methods.</p> <p>3.3.2.1 Denaturation</p> <p>3.3.2.4 Enzymic browning- Practice NEA 1.</p> <p><u>3.Food safety</u></p> <p>3.4.1.1 High risk foods</p> <p>3.4.1.4 Food contamination.</p> <p>3.4.2.1 Danger zone.</p> <p><u>4.Food choice</u></p> <p>3.5.1.2 Vegetarians/vegans.</p> <p><u>5.Food provenance</u></p> <p>3.6.1.2 Seasonality</p> <p>3.6.1.2 Food miles</p> <p>3.6.2.1 Primary processing</p> <p>3.6.1.3 Food security</p> <p>3.6.1.1 Farming methods.</p> <p>3.6.1.1 Grown/reared/caught.</p> <p>3.6.2.1 Secondary processing</p>	<ul style="list-style-type: none"> ● Sticky toffee pudding S4 ● Jam S12 ● Cheese. S13 ● Marinades S9 ● Dish in season S3 ● Pie practical. S6 ● Food presentation skills. S7 	<ul style="list-style-type: none"> ● Exam question- Primary school children ● Spelling key word test. ● Food preservation test.
Super Curricular	<ul style="list-style-type: none"> ● Farm visit- focus on food provenance. ● Find and chat with a year 11 food student and get ideas for your 3 hour practical/ presentation ideas. ● Great British bake off. ● House competition- ready, steady, cook and cultural dish. ● Vegan chef presentation. 		ASPIRE FOCUS - Focus

Year / term	Unit of work- Knowledge	Skills	Assessment
Year 11 Autumn Term	<p>NEA 1- Launched September 1st. 12 hours of controlled assessment 2x lessons per week used for this and/or the teaching of this. Involves carrying out 4 food experiments and recording results and setting an hypothesis. Tasks set by exam board. Deadlines; -Research section and investigation 1- 4th Oct -All complete 13th Dec Year 11 mocks- 4/11-15/11 1 lesson per week covering theory topics. Core topics covered <u>1.Food, nutrition and health</u> 3.2.2.3 Water 3.2.2.1 Vitamins 3.2.2.2 Minerals. 3.3.2.3 Fats and oils, plasticity, rancidity and emulsification. 3.2.1.1 Protein structure, complementation, biological value. 3.2.1.1 LBV and HBV. 3.2.1.3 Fibre 3.2.1.3 Sugar. <u>2.Food Science</u> 3.4.2.2 Gelatin. 3.3.2.2. Malliard reaction. <u>3.Food safety</u> 3.4.1 Food spoilage. <u>4.Food choice</u> 3.5.1.2 Allergies and intolerances. 3.5.1.2 Vegetarians and vegans. 3.5.1.2 Religious cultural, ethical, moral and medical needs <u>5.Food provenance</u> 3.6.1.2 Environmental impact of food. 3.6.2.2 Genetically modified food.</p>	<ul style="list-style-type: none"> ● Cornish pastries S10 ● Trial dishes for mock exam. S1 ● Panna cotta. S12 ● Gnocchi S7 ● 4 x Food experiments. S1 	<ul style="list-style-type: none"> ● NEA 1 <ul style="list-style-type: none"> ● Test of year 10 knowledge. ● 1hr assessed dish. ● Assessed question on vitamins and minerals.
Super Curricular	<ul style="list-style-type: none"> ● Sportspersons dinner ● Soup kitchen. ● Take a high fat/sugar recipe and adapt the ingredients to make it healthier. ● Find a new pub/restaurant/diner to take your family to. 		ASPIRE FOCUS- Questioning

	<ul style="list-style-type: none"> Visit www.agirlcalledjack.com. This is a blog about a single mother who has won a book deal for her inspirational recipes on a budget. Visit Campden market and taste some of the amazing street food on offer. Find a recipe from a different country and make the dish for a member of your family. 		
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Year / term	Unit of work- Knowledge	Skills	Assessment
Year 11 Spring Term	<p>NEA 2- released from exam board Nov 1st. 20 hours of controlled assessment 2x lessons per week used for this and/or the teaching of this. Deadlines; -Research section- 17th Jan -All write up completed- 24th Feb - Final deadline 20th March.</p> <p>Core topics covered <u>1.Food, nutrition and health</u> 3.2.3.2 BMR 3.2.3.2 PAL 3.2.3.2 BMI <u>2.Food science</u> 3.6.2.2 Additives 3.6.2.2 Genetically modified food. 3.4.1.1 Micro-organisms in food. 3.3.2.2 Dextrinisation 3.3.2.5 Raising agents <u>3.Food safety</u> 3.4.1.4 Food poisoning <u>4.Food choice</u> 3.5.3 Sensory testing 3.5.1.2 Allergies and intolerances. 3.5.1.2 Religious cultural, ethical, moral and medical needs <u>5.Food provenance</u> 3.6.2.1 Milk and its production methods.</p>	<ul style="list-style-type: none"> 4 x high skills recipes for NEA trial dishes. 3 hour practical exam with students cooking 3 courses in 3 hours. 	<ul style="list-style-type: none"> NEA 2 Assessed question- milk production. Revision based questions. Intervention sessions- exam questions.

Super Curricular	<ul style="list-style-type: none"> ● Revise the scientific principles of gelatinisation, dextrinization and the milliard reaction. ● Watch the Great British Bake off and create your own show stopper! ● Find as many recipes that involve your favourite food as you can and then make your favourite! ● Read about all the best chefs in the country at www.Greatbritishchefs.com ● Attend intervention sessions in department to improve your exam knowledge. 		ASPIRE FOCUS - Communicate
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