Food Preparation and Nutrition

Exam Board & course code			
AQA Food Preparation and Nutrition 8585			
Topics that will be taught			
Year Group	Autumn Term	Spring Term	Summer Term
Year 10	• During this term students will be building upon their prior learning and will enhance their knowledge and understanding of what constitutes a healthy, balanced diet. • Students will be taught how and when to use different food preparation skills to achieve a range of different outcomes. • Students will gain knowledge and understanding of food nutrition and health. Areas covered are: • Macronutrients • Micronutrients • Making informed choices for a varied and balanced diet • Energy needs • Carrying out nutritional analysis • Technological developments associated with better health	• During this term students will be developing their knowledge and understanding of food science and food safety. Content will include: • Cooking of food and heat transfer • Functional and chemical properties of food • Food spoilage and contamination • Principles of food safety Students will be taught investigation skills in preparation for their non-exam assessment task and complete mini tasks to prepare them for this	• During this term students will be developing their knowledge and understanding food choice and food provenance. Content will include: • Factors which may influence food choice • Food choice related to religion, culture, ethical and medical conditions • British and international cuisines • Environmental impact and sustainability of food Students will apply their knowledge and understanding gained throughout the year by completing a mini non-examined assessment task.
Year 11	• During the first half of this term students will be producing the NEA Task 1, to be submitted at the beginning of November. • In order to complete this NEA Task they will need to: ○ Students will select one of the 3 tasks set by AQA ○ Students will investigate the working characteristics and the functional and chemical properties of a particular ingredient through practical investigation ○ They will produce a report which will include research into how ingredients work and why.	• During this term students will be continuing with NEA Task 2. This will be completed and submitted by the end of March. ○ Students will make 4-5 dishes to demonstrate a wide range of high level technical skills ○ They will plan a final menu of 3 dishes, clearly explaining ingredients, processes, technical skills, nutrition, food provenance, cooking methods and portion size. ○ Students will produce a time plan for producing the 3 final dishes. ○ They will prepare, cook and present a menu of three dishes within a single period of 3 hours.	• During this term students will be preparing for their written examination. • Revising topics covered in Year 10 • Completing practice examination questions, along with looking at examination paper mark schemes.

	○ The written report must include photographic evidence and be between 1500-2000 words. • During the second half of the term, students will begin the NEA Task 2, to be submitted at the beginning of the Summer term. ○ Students will select one of the 3 tasks set by AQA ○ Students will research the dietary group or culinary tradition related to the task ○ Students will plan and select 4-5 dishes to demonstrate a wide range of technical skills	○ Students will carry out sensory evaluation and record the results for all of their practical dishes. ○ For the final dishes, students will carry out and record nutritional analysis, costing and identify improvements to their dishes.	

What parents can do to support learning	Useful links and reference materials
• Help students fully prepare for food practical lessons by ensuring they have a **large** container, apron and T Towel; • Ensure the **only** ingredients brought into school are **fresh fruit** and **vegetables** and **kosher fish**; • Encourage students to evaluate their practical work the same day whilst it is still fresh in their mind; help them with sensory vocabulary; • Encourage students to be independent learners; • Encourage students to research and investigate food made by a wide range of chefs to use as inspiration when they are designing their own food products; • Ensure all Home Learning and Coursework deadlines are met; • Practice making dishes at home; • Practice using 'Explore Food' to calculate the nutritional value of dishes • Encourage students to watch cooking programmes i.e. MasterChef, Great British Menu, The Great British Bakeoff as they provide ideas for presentation of food; • Encourage students to revise through topics covered during lessons to help prepare for the written exam.	www.bbc.co.uk/food/recipes www.bbc.co.uk/schools/gcsebitesize/design/foodtech www.dianasdesserts.com/ www.nutrition.org.uk/healthyliving/basics/what-are-nutrients www.nutrition.org.uk/healthyliving/healthyeating www.nutrition.org.uk/healthyliving/seasons/why-eat-seasonally www.nutrition.org.uk/nutritionscience/allergy www.foodafactoflife.org.uk/ www.bbc.co.uk/schools/gcsebitesize/design/foodtech/systemspracticesrev6.shtml www.s-cool.co.uk/gcse/food-technology www.videojug.com/film/how-to-make-fresh-pasta http://explorefood.foodafactoflife.org.uk/