GCSE Food Preparation & Nutrition

Our GCSE Food Preparation and Nutrition course sets out the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. Topics and themes covered in the course are:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance.

These will all be included in the 1hour and 45-minute exam at the end of year 10 which is worth 50% of the overall GCSE grade. **The other 50% is made up of 2 NEA's (Non-Exam Assessment)**

Task 1: Food investigation (30 marks)
Students' understanding of the working characteristics, functional and chemical properties of ingredients. **Practical investigations are a compulsory element of this NEA task.**

Task 2: Food preparation assessment (70 marks)
Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.
Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

Year 10 Programme of Study	
1a	• Introduction to the course, including the Eatwell guide • Macronutrients – carbs and proteins • Food Science relating to protein and carbohydrates • Basic practical skills introduced – products made could include Chilli, Curry, and sweet and sour
1b	• Macronutrients – fats • Food science relating to bread baking and pastry making • Medium practical skills introduced, such as quiche, tart and bread products • Emphasis on presentation skills
2a	• Micronutrients – vitamins and minerals • Food science relating to how vitamins and minerals are lost during cooking, preparing and storing food items • Dietary needs of different life stages • Higher practical skills introduced, such as pasta making
2b	• Special dietary needs including vegetarians, coeliac, lactose intolerance etc. • Factors affecting food choice
3a	• The BIG 6 – looking at tooth decay, obesity etc. • PAL / ENERGY • Higher practical skills continued – chicken jointing
3b	• Microorganisms • Raising agents • The functional properties of fat – in preparation of the NEA1

Year 11 Programme of Study	
1a	• Completion of microorganisms • NEA 1 – food Science investigation
1b	• NEA1 – Food Science investigation
2a	• NEA 2 – Food Preparation assessment
2b	• NEA 2 – Food Preparation assessment
3a	• Food provenance
3b	• Revision

Cross Curricular Links	
	• Culture within Design – **Art & Design Year 9** • Health and Safety – **Science, Year 7** • Healthy Active Lifestyles – **PE & RPSE, Year 7** • Heating and Cooling – **Year 9, Science** • Measuring and Construction – **Maths, Year 7** • Proportion and Scale – **Maths, Year 8** • Quality and production – **Business Studies, KS4**