

Curriculum Mapping: Food Preparation and Nutrition Year 10 - 11

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Unit 1 <i>Food Hygiene and Safety</i>	Unit 2 <i>Diet and Nutrition</i>	Unit 3 <i>Food Science and Functions</i>	Unit 4 <i>Food Choice</i>	Unit 5 <i>Food Provenance</i>	<i>Skills</i>
	Cross contamination Micro-organism Food poisoning Temperature control Food storage	Fats Carbohydrates Protein Vitamins Minerals Diet related diseases Life stages Nutritional analysis	Coagulation Gelatinisation Dextrinization Aeration Plasticity Emulsions Heat transference	Lifestyle Ethical Moral Fairtrade Religion Traditional cuisine Food labelling	Seasonality Environment Intensive farming Food security Processing and production Technological developments Primary and secondary processing.	Sensory testing Nutritional analysis Presentation
	Justification: Develop basic knowledge of H&S from KS3 prior knowledge. Understand micro-organisms in food: how to control their growth, how to use them in food production. Revisit practical skills and build confidence in cooking. Assessment objectives covered: AO1, AO2, AO3 and AO4	Justification: Develop an in-depth knowledge of the role of nutrients in the diet. Apply knowledge of nutrition to a variety of different diets and life stages. Be able to carry out a nutritional analysis. Assessment objectives covered: AO1, AO2, AO3 and AO4	Justification: Develop knowledge of protein, fat and carbohydrates by investigating the functional and chemical properties. Understand the role of a range of raising agents. Develop practical skills through understanding the scientific properties of ingredients. Assessment objectives covered: AO1, AO2, AO3 and AO4	Justification: Understand a range of social, moral and ethical issues surrounding food choice. Develop knowledge of different diets and cultures. Carry out a range of sensory testing and develop evaluative language skills. Develop knowledge of allergies and intolerances and how they impact food labelling. Assessment objectives covered: AO1, AO2, AO3 and AO4	Justification: Explore seasonality in food production and develop practical skills using seasonal ingredients. Explore a range of food sources and production methods, both in theory and practical. Investigate technological developments. Assessment objectives covered: AO1, AO2, AO3 and AO4	Justification: Develop a range of theory and practical skills, in preparation for the NEA Task 1 and Task 2 in year 11. Assessment objectives covered: AO1, AO2, AO3 and AO4
Assessment: Pupils will be assessed on a range of tasks throughout the year, including Topic quizzes, Planning skills, Research & Evaluative skills, Practical Making 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.						
Wider reading/Cultural capital Pupils have the opportunity to work with the Army to learn about careers and partake in a Ready, Steady Cook competition. Wider reading includes https://www.stem.org.uk/gcse-foodpreparation https://projectgcse.co.uk/food_technology , Hungry by Grace Dent, Conversation About Healthy Eating by Dr Nicholas A. Lesica, Enough: How your food choices will save the planet by Dr Cassandra Coburn						

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Year 11	<p>NEA 1 Food Investigation</p> <p>Properties Research Analysis Functional Chemical Investigations</p>	<p>NEA 2 Food Preparation</p> <p>Plan Prepare Cook Present Cultural Cuisine Analyse Research Evaluate</p>	<p>NEA 2 Food Preparation</p>	<p>Revision Revision of units 1-3</p> <p>Cross contamination, Micro-organism, Food poisoning, Temperature control, Food storage, Fats, Carbohydrates, Protein, Vitamins, Minerals, Diet related diseases, Life stages, Nutritional analysis, Coagulation, Gelatinisation, Dextrinization, Aeration, Plasticity, Emulsions, Heat transference</p>	<p>Revision Revision of units 4-5</p> <p>Seasonality, Environment, Intensive farming, Food security Processing and production, Technological developments, Primary and secondary processing, Sensory testing, Nutritional analysis. Presentation</p>	Study leave
	<p>Justification: Food investigation (30 marks) Pupils develop an understanding of the working characteristics, functional and chemical properties of ingredients.</p> <p>Practical investigations are a compulsory element of this NEA task and is used to explore the reactions between differing food ingredients.</p> <p>Pupils are required to produce a written report (1,500–2,000 words) including photographic evidence of the practical investigation.</p>	<p>Justification: Food preparation assessment (70 marks) Pupils develop their knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to a given task.</p> <p>Pupils will prepare, cook and present a final menu of three dishes within a period of no more than three hours, planning in advance how this will be achieved.</p> <p>Pupils are required to produce a written portfolio including photographic evidence of the three final dishes.</p>	<p>Justification: Focused revision for units 1-3.</p> <p>Assessment objectives covered: AO1, AO2, AO3 and AO4</p>	<p>Justification: Focused revision for units 4-5.</p> <p>Assessment objectives covered: AO1, AO2, AO3 and AO4</p>	Study leave	
<p>Assessment: External Assessment: Paper 1: Food preparation and nutrition – 50% of GCSE Theoretical knowledge of food preparation and nutrition from Sections 1 to 5. Written exam: 1 hour 45 minutes, 100 marks, Multiple choice questions (20 marks) Five questions each with a number of sub questions (80 marks) Internal Assessment: NEA – 50% of GCSE Task 1: Food investigation (30 marks) - Pupils' understanding of the working characteristics, functional and chemical properties of ingredients. Task 2: Food preparation assessment (70 marks) - Pupils' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the given task. Pupils will prepare, cook and present a final menu of three dishes.</p>						
<p>Wider reading/Cultural capital Cook, Eat, Repeat: Ingredients, Recipes and Stories by Nigella Lawson, The Flavor Equation: The Science of Great Cooking Explained in More Than 100 Essential Recipes by Nik Sharma, The Big Fat Duck Cookbook by Heston Blumenthal</p>						