

Key Stage 4 - AQA GCSE: FOOD PREPARATION AND NUTRITION

A healthy diet is one of the basic requirements of life. The course focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials.

This course is designed to develop knowledge and understanding in nutrition and food preparation and focuses on:-

1. Practical food skills and techniques
2. Meal and menu planning
3. Cooking methods and recipes
4. Commercial practise
5. Food hygiene and safety

Throughout year 10 the twelve **practical skills** will be covered. These are:-

Skill 1: General practical skill

Skill 2: Knife skills

Skill 3: Preparing fruit and vegetables

Skill 4: Use of the cooker

Skill 5: Use of equipment

Skill 6: Cooking methods

Skill 7: Prepare, combine and shape

Skill 8: Sauce making

Skill 9: Tenderise and marinate

Skill 10: Dough

Skill 11: Raising agents

Skill 12: Setting mixtures

Term	Year 10	Year 11
Autumn	<p>3.2 Food nutrition and Health.</p> <p>3.2.1 Macronutrients Function, deficiency diseases, excess and sources of:</p> <ul style="list-style-type: none"> • Protein, • Fats, • Carbohydrates. <p>3.2.2 Micronutrients Function, deficiency diseases, excess and sources of:</p> <ul style="list-style-type: none"> • Vitamins, (A, B, C, D, E and K) • Minerals, calcium, iron, sodium (salt), fluoride, iodine, phosphorus • Water. <p>3.2.3 Nutritional needs and health.</p> <ul style="list-style-type: none"> • Making informed choices for a varied and balanced diet, • Energy needs, • Diet, nutrition and health. 	<p style="text-align: center;">September - October Non-Exam Assessment 1 (30 marks - 15% final GCSE grade)</p> <p>A practical investigation (set by the exam board) that will demonstrate students' understanding of the working characteristics, functional and chemical properties of ingredients.</p> <p style="text-align: center;">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'.</p> <p style="text-align: center;">Research - 6 marks Investigation - 15 marks Analysis and Evaluation - 9 marks</p> <p style="text-align: center;">November onwards Non-Exam Assessment 2 (70 marks - 35% final GCSE grade)</p> <p>A practical task that will culminate in the production of three dishes in one three hour period.</p> <p style="text-align: center;">Researching the task - 6 marks Demonstrating technical skills - 18 marks</p>

<p style="text-align: center;">Spring</p>	<p>3.4 Food safety. 3.4.1 Food spoilage and contamination.</p> <ul style="list-style-type: none"> • Microorganisms and enzymes, • The signs of food spoilage, • Microorganisms in food production, • Bacterial contamination. <p>3.4.2 Principles of food safety.</p> <ul style="list-style-type: none"> • Buying and storing food, • Preparing, cooking and serving food. <p>3.5 Food choice. 3.5.1 Factors affecting food choice. Food choice linked to:-</p> <ul style="list-style-type: none"> • Religions and cultures • Ethical and moral beliefs organic, Genetically Modified (GM) foods • Food intolerances <p>3.5.2 British and international cuisines. Food products from British tradition and two different cuisines.</p> <p>3.5.3 Sensory evaluation.</p> <ul style="list-style-type: none"> • Sensory testing methods • How taste receptors and olfactory systems work when tasting food. 	<p style="text-align: center;">January - February</p> <p>Continue with NEA task 2 including three hour practical exam.</p> <p style="text-align: center;">Planning for the final menu - 8 marks Making the final dishes - 30 marks Analyse and evaluate - 6 marks</p> <p>3.3 Food science. 3.3.1 Cooking of food and heat transfer.</p> <ul style="list-style-type: none"> • Why food is cooked and how heat is transferred to food through conduction, convection and radiation. • Selecting appropriate cooking method. <p>3.3.2 Functional and chemical properties of food.</p> <ul style="list-style-type: none"> • Proteins, • Carbohydrates, • Fats and oils, • Fruit and Vegetables, • Raising agents.
<p style="text-align: center;">Summer</p>	<p>3.6 Food provenance. 3.6.1 Environmental impact and sustainability of food.</p> <ul style="list-style-type: none"> • Food Sources - where and how ingredients are grown, reared and caught. • Food and the environment - environmental issues associated with food. • Sustainability of food - impact of food and food security on local and global markets <p>3.6.2 Food production.</p> <ul style="list-style-type: none"> • Food production - primary and secondary stages of processing and production. • Technological developments - development to support better health and food production 	<p>Examination skills and practise</p>