

Key Stage 4 - AQA GCSE: FOOD PREPARATION AND NUTRITION

Throughout year 9 and 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 9	Year 10	Year 11
Autumn	<p>UNIT 1: Food nutrition and Health.</p> <p>Topic 1: Macronutrients Function, deficiency diseases, excess and sources of:</p> <ul style="list-style-type: none"> • Protein, • Fats, • Carbohydrates. <p>Topic 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>UNIT 2: Food safety.</p> <p>Topic 1: Food spoilage and contamination.</p> <ul style="list-style-type: none"> • Microorganisms and enzymes, • The signs of food spoilage, • Microorganisms in food production, <ul style="list-style-type: none"> • Bacterial contamination. <p>Topic 2: Principles of food safety.</p> <ul style="list-style-type: none"> • Buying and storing food, • Preparing, cooking and serving food. 	<p>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>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>Research - 6 marks Investigation - 15 marks Analysis and Evaluation - 9 marks</p> <p>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</p>

			dishes in one three hour period.
Spring	<p>UNIT 1: Food nutrition and Health. Topic 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 Content. 	<p>UNIT 5: Food provenance. Topic 1: Environmental impact and sustainability of food. Food Sources - where and how ingredients are grown, reared and caught.</p> <ul style="list-style-type: none"> • grown ingredients: fruits, vegetables and cereals • reared ingredients: meat and poultry • caught ingredients: fish <p>Food and the environment,</p> <ul style="list-style-type: none"> • Seasonal foods • Sustainability e.g. fish farming • Transportation • Organic foods • Reasons for buying locally produced food • Food waste in the home/food production/retailer • Environment issues related to packaging • Carbon footprint <p>Sustainability of food.</p> <p>Topic 2: Food production. Food production - primary and secondary stages of processing and production.</p> <ul style="list-style-type: none"> • Primary Processing - milling of wheat to flour, heat treatment of milk, pasteurised, UHT, sterilised and micro-filtered milk • Secondary Processing - flour into bread and/or pasta, milk into cheese and yoghurt, fruit into jams <p>Technological developments.</p>	<p>January - February Continue with NEA task 2 including three hour practical exam. Researching the task - 6 marks Demonstrating technical skills - 18 marks Planning for the final menu - 8 marks Making the final dishes - 30 marks Analyse and evaluate - 6 marks</p> <p>March onwards Examination skills and practise</p>

		<ul style="list-style-type: none"> • Cholesterol lowering spreads • Health benefits of fortification • Positive and negative aspects of the use of additives: colourings, 	
Summer	•	<p>UNIT 5: Food science. Topic 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>Topic 2: Functional and chemical properties of food.</p> <ul style="list-style-type: none"> • Proteins, • Carbohydrates, • Fats and oils, • Fruit and Vegetables, • Raising agents. 	Examination skills and practise