

## Food Preparation and Nutrition (GCSE)

	Year 10	Year 11
<b>Autumn 1</b>	<p>Principles of Food Safety</p> <ul style="list-style-type: none"> <li>● Preparing, cooking and serving food</li> </ul> <p>Food, Nutrition and Health: Sources, function, deficiency and excess of:</p> <ul style="list-style-type: none"> <li>● Protein</li> <li>● Fats</li> <li>● Carbohydrates</li> <li>● Vitamins</li> <li>● Minerals</li> </ul> <p>Assessment: exam style questions</p>	<p>NEA1: 15% of final GCSE Grade</p> <ul style="list-style-type: none"> <li>● Food science investigations</li> <li>● Analysis and evaluations</li> </ul>
<b>Autumn 2</b>	<p>Food Nutrition and Health: Nutritional needs</p> <ul style="list-style-type: none"> <li>● Healthy eating, Eat Well Guide</li> <li>● Nutritional needs for different life stages</li> <li>● Nutritional analysis</li> <li>● Energy needs</li> <li>● Dietary related diseases</li> </ul> <p>Food Science: Cooking of food and heat transfer</p> <ul style="list-style-type: none"> <li>● Reasons for cooking food</li> <li>● Methods of heat transfer</li> <li>● Cooking methods</li> </ul> <p>Assessment: exam style questions</p>	<p>NEA2 35% of final GCSE Grade</p> <ul style="list-style-type: none"> <li>● Mock preparation</li> <li>● Mock exam</li> </ul>

<b>Spring 1</b>	<p>Food Science: Functional and chemical properties of food</p> <ul style="list-style-type: none"> <li>● Proteins - denaturation and coagulation. Gluten.</li> <li>● Carbohydrates - gelatinisation, dextrinisation and caramelisation</li> <li>● Fats and oils - plasticity, shortening, aeration and emulsification</li> <li>● Raising agents</li> </ul> <p>Assessment: exam style questions</p>	<p>NEA2</p> <ul style="list-style-type: none"> <li>● Recipe trials</li> <li>● Practical exam: 3 hours</li> </ul>
<b>Spring 2</b>	<p>Food Safety: Food spoilage and contamination</p> <ul style="list-style-type: none"> <li>● Microorganisms and enzymes</li> <li>● Signs of food spoilage</li> <li>● Microorganisms in food production</li> <li>● Bacterial contamination</li> <li>● Buying and storing food</li> </ul> <p>Assessment: exam style questions</p>	<p>NEA2</p> <ul style="list-style-type: none"> <li>● Final grading</li> <li>● Exam preparation</li> </ul>
<b>Summer 1</b>	<p>Food choice:</p> <ul style="list-style-type: none"> <li>● Factors affecting food choices</li> <li>● Food labelling and marketing</li> <li>● British and international cuisine</li> <li>● Sensory evaluation</li> </ul>	<p>Exam preparation</p>
<b>Summer 2</b>	<p>Food provenance</p> <ul style="list-style-type: none"> <li>● Food sources</li> <li>● Food and the environment</li> <li>● Environmental impact and sustainability</li> <li>● Processing and production</li> </ul> <p>Assessment end of year exams</p>	<p>Written exam: 1 hour 45 minutes</p> <ul style="list-style-type: none"> <li>● 100 marks</li> <li>● 50% of GCSE</li> </ul> <p>Questions:</p> <ul style="list-style-type: none"> <li>● Multiple choice questions (20 marks)</li> <li>● Five questions, each with a number of sub questions (80 marks)</li> </ul>