

GCSE - FOOD PREP & NUTRITION

Year 10

The Key Stage 4 Food Preparation and Nutrition curriculum is an engaging, inspirational and enjoyable course that will furnish students with a solid theoretical and practical knowledge of nutrients required in the diet and the importance of a balanced diet. The course has been designed to be vocational, ensuring that the content is highly relevant to not only give students a GCSE award, but also primes them with some of life's most important skills.

Pupils move on to looking at dietary needs for different groups of people and why requirements may change throughout life. Any students then wishing to study nutrition can use this course as a foundation.

Continuing our learning, we look in depth at seasonality and food provenance to develop our understanding of the topical environmental issues currently in the news. Issues of sustainability are hugely important to grasp a deep understanding of, and a great example of how relevancy has been put at the heart of the curriculum.

This assists students with their written examination in Year 11 which is worth 50% of their total GCSE grade.

Every fortnight students complete practical work to enhance their cooking skills and to prepare them for the practical assessment which is set by the examination board in Year 11. During these lessons, pupils will deepen their knowledge and increase their confidence in the science of food, exploring why certain ingredients are used, in addition to the purpose of each one.

The scientific knowledge and high level practical experience gained so far lays a perfect foundation for students wishing to enter the food industry as a career or study a level 3 in Hospitality and Catering. Towards the end of the year, students complete a mock scientific investigation looking at the functions and characteristics of eggs when used as a setting agent. This allows them to complete a practice assessment to get a feel for what is expected of them in their assessment at the beginning of the year and to understand how to work towards the top marks.

Term	Focus
1	Food safety, sauces, bread
2	Diet and health, health conditions, nutritional and dietary needs, pastry and dough
3	Nutrients. Meat and fish. Wider issues in food production. Food investigation - dough
4	Cooking methods, food preservation, additives, milk and dairy
5	Food investigation - eggs
6	Mock Exam Mock NEA 2

Year 11

Students complete a mock practical assessment which requires them to complete;

- Research
- A time plan
- A discussion on seasonality
- Costings
- Nutrition

This is for two dishes that could be made in two hours.

Students learn vital skills when constructing the financial aspect of each dish through the detailed research on the breakdown of cost. It is equally important that students understand the nutrition of products and can read food packaging labels to make informed choices on food selection in the future. Students begin to apply their knowledge from Year 10 to discuss how 'balanced' their chosen meals are and how they can incorporate seasonal produce into their meals.

In October all students will then begin their scientific investigation which is set by the exam board each year. This counts towards 15% of students' GCSE grade. Students are able to use their mock assessment from Year 10 to assist them when completing it.

This must be completed within 10 hours during lesson time and include at least 2 practical lessons to test the scientific investigations which link to their hypotheses. Students must complete research based on the set brief and decide on how they will tackle the task before writing; aims, hypothesis and methods before completing practical investigations. Results must be written up and a detailed evaluation of findings completed.

Students then begin work on their second practical assessment where they are asked to make three dishes in three hours that meet a set brief. Pupils are given 20 hours to undertake research, nutritional analysis, costings, seasonality and a time plan. Students are then taken off timetable in March to make their three chosen dishes. Pupils are encouraged to use the skills learnt from Year 10 to make highly skilled dishes which meet the higher grading criteria.

This second assessment presents a perfect opportunity for any students wishing to go to catering college to continue their learning. The practical experience of making dishes, complemented by the theoretical knowledge from developing the plans, will also open doors into a vast range of further educational courses at University including product development, food styling, nutritionist and dietitian, food production and food quality.

Term	Focus
1	NEA 1: Food Investigation task. Focussed practical lessons.
2	NEA 1: Food Investigation task. Mock revision. Focussed practical lessons.
3	Mock Exam NEA: Food Preparation Task
4	NEA: Food Preparation Task
5	Revision Exam
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