

# Food Preparation and Nutrition - Curriculum Map

Year	Term	Topic Overview	Focus	Assessment
Year 10 - Food preparation and nutrition.	Autumn 1	Fruit and Vegetables	Classification of foods, provenance, nutrition, knife skills, soup practical, importance of water, enzymic browning, Dutch apple cake practical, food choices and costings, food labelling, meatball and tomato sauce practical, food safety and raising agents.	<ul style="list-style-type: none"> <li>Teacher feedback on all individual pieces of student work.</li> </ul>
	Autumn 2	Carbohydrates	Raising agent experiments, food choices and dietary needs, religious considerations for food, bread rolls theory and practical, importance of starchy foods, ethical and moral beliefs including vegetarian and vegan, primary and secondary processes for flour, cereals and potatoes, quiche theory and practical, locally produced and seasonal food, traditional British food and modern cooking, chilli con carne theory and practical and end of topic test.	<ul style="list-style-type: none"> <li>End of unit teacher assessment and written feedback.</li> </ul>
	Spring 1	Dairy and Alternatives	Importance of milk and fats, types of fats and oils, heat treatment of milk, theory and practical for puff pastry and sausage rolls, secondary processing of milk, food allergies and intolerances, cheese, Chelsea buns theory and practical, environmental issues, modifying recipes and foods and end of topic test.	<ul style="list-style-type: none"> <li>End of unit teacher assessment and written feedback.</li> </ul>
	Spring 2	Sensory Properties, Preserving Methods and why we cook food.	Preserving methods, testing and ranking foods, Lemon meringue pie theory and practical, changes to food and nutrition during cooking, Swiss roll theory and practical and end of unit test.	<ul style="list-style-type: none"> <li>End of unit teacher assessment and written feedback.</li> </ul>
	Summer 1	Beans, Pulses, Fish, Eggs, Meat and other proteins.	Importance of a healthy diet and protein, classification of meat, poultry and game, minerals, classification of fish, theory and practical for stir fry chicken/tofu, custard experiment, environmental issues, sugars, caramelisation and emulsions, chocolate brownie theory and practical and end of topic test.	<ul style="list-style-type: none"> <li>End of unit teacher assessment and written feedback.</li> </ul>
	Autumn 1	Fruit and Vegetables	Classification of foods, provenance, nutrition, knife skills, soup practical, importance of water, enzymic browning, Dutch apple cake practical, food choices and costings, food labelling, meatball and tomato sauce practical, food safety and raising agents.	<ul style="list-style-type: none"> <li>Teacher feedback on all individual pieces of student work.</li> </ul>
	Autumn 2	Carbohydrates	Raising agent experiments, food choices and dietary needs, religious considerations for food, bread rolls theory and practical, importance of starchy foods, ethical and moral beliefs including vegetarian and vegan, primary and secondary processes for flour, cereals and potatoes, quiche theory and practical, locally produced and seasonal food, traditional British food and modern cooking, chilli con carne theory and practical and end of topic test.	<ul style="list-style-type: none"> <li>End of unit teacher assessment and written feedback.</li> </ul>

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<b>Year 11</b>	<b>Autumn 1</b>	Coursework	GCSE coursework 15% Food Investigation task.	<ul style="list-style-type: none"> <li>Students will work on the scientific investigation set by the exam board and present their findings.</li> </ul>
	<b>Autumn 2</b>	Coursework	GCSE coursework 15% Food Investigation task.  GCSE coursework NEA 35%	<p>Students will complete the scientific investigation set by the exam board and submit their findings for final assessment.</p> <ul style="list-style-type: none"> <li>Students will begin their work on the NEA set by the exam board.</li> </ul>
	<b>Spring 1</b>	Coursework	GCSE coursework NEA 35%	<ul style="list-style-type: none"> <li>Students will develop their work on the NEA set by the exam board and in doing so gain knowledge and skills that can be applied both to the NEA and written examination later in the year.</li> </ul>
	<b>Spring 2</b>	Coursework	GCSE coursework NEA 35%	<p>Students will complete NEA set by the exam board and submit their coursework for final assessment with marks submitted to the exam board.</p> <ul style="list-style-type: none"> <li></li> </ul>
	<b>Summer 1</b>	Coursework	GCSE coursework 15% Food Investigation task.	<ul style="list-style-type: none"> <li>Students will work on the scientific investigation set by the exam board and present their findings.</li> </ul>
	<b>Summer 2</b>		GCSE coursework 15% Food Investigation task.  GCSE coursework NEA 35%	<p>Students will complete the scientific investigation set by the exam board and submit their findings for final assessment.</p> <ul style="list-style-type: none"> <li>Students will begin their work on the NEA set by the exam board.</li> </ul>