

GCSE Food Preparation and Nutrition Curriculum Map

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Topic	Macronutrients: Protein <ul style="list-style-type: none"> Food Safety – When preparing, cooking and serving food and bacterial contamination and temperature control Knife skills Eatwell Guide Meat – Prepare, combine and shape. Fish Beans Pulses Eatwell Guide Low and High biological value proteins Protein Alternatives Functions and main 	Macronutrients: Protein <ul style="list-style-type: none"> Proteins – DRV's Effects of Deficiency and excess Eggs (Protein denaturation, coagulation and foam formation and farming methods) Cooking methods and heat transfer and reasons why food is cooked Food Safety – microorganisms in food production 	Macronutrients: Fats <ul style="list-style-type: none"> Unsaturated fats (monounsaturated and polyunsaturated) Saturated Functions of fats Main sources Effects of deficiency and excess DRV's Shortening, aeration, plasticity and emulsification (mayonnaise) Factors affecting food choice Environmental impact and sustainability of food – organic farming GM foods 	Macronutrients: Carbohydrates <ul style="list-style-type: none"> Starches (polysaccharides) and sugars (monosaccharides) Dietary fibre Functions of carbohydrates Main sources Effects of deficiency and excess DRV's Gelatinisation, dextrinisation and caramelisation Raising agents Sensory evaluation Food processing and production (primary and secondary processing) 	Micronutrients: Vitamins and Minerals <ul style="list-style-type: none"> Fats and water-soluble vitamins Antioxidant functions of vitamins Minerals (Calcium, iron, sodium, fluoride, iodine, phosphorus) Water – Importance of hydration Nutritional needs and health Energy needs Relationship between diet nutrition and health – diet related health risks Fruit and vegetables – enzymic browning and oxidation 	Micronutrients: Vitamins and Minerals <ul style="list-style-type: none"> Food Safety – The signs of food spoilage Food labelling and marketing influences Technological developments inc. fortified foods and additives Mock NEA1 Revision Mock Written paper

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		sources of proteins					
	Assessment	Assessment 1 – Proteins 1,2- and 4-mark questions (Past paper questions)	Assessment 2 – Proteins 4- and 6-mark questions (Past paper questions)	Assessment 3 – Fats 1-, 2-, 4- and 8-mark questions (Past paper questions)	Assessment 4 – carbohydrates 1-, 2-, 4- and 8-mark questions (Past paper questions)	Assessment 5 – 12-mark question. Analysis and Evaluation of meal/meals	Mock NEA1 Report Pre-Mock Written paper
	PREP	Danger zone thermometer diagram Worksheets on Food Safety Preparation of food ingredients for practical lessons and watch video	Visit the Quorn website: www.quorn.com Look at the information on the website. True or false statements Preparation of food ingredients for practical lessons and watch video	Produce a flyer or a customer information guide telling the consumer ways in which they can reduce fat intake during the purchase, preparation and cooking of food. Revise key words and definitions for quiz Preparation of food ingredients for practical lessons and watch video	Worksheets on carbohydrates Past exam question with answers Preparation of food ingredients for practical lessons and watch video	Plan and make a main meal for a family of 3/4. The meal should contain a source of HBV protein, carbohydrates and at least two/three portions of their 5 a day. Preparation of food ingredients for practical lessons and watch video	Preparation of food ingredients for practical lessons and watch video Mock NEA1 Report Revision for Pre mock
Year 11	Topic	NEA1 – Task 1 Food Investigation Students will be required to carry out 3/4 practical investigations, related to a hypothesis or prediction Outcome: Electronic report including photographic evidence	NEA1 – Task 1 Food Investigation Students will be required to carry out 3/4 practical investigations, related to a hypothesis or prediction Outcome: Electronic report including	NEA2 – Task 2 Food Preparation Assessment. This includes a 3-hour practical exam. Students will prepare, cook and present a final menu of three dishes. Outcome: Electronic portfolio of work with photographs of dishes cooked	NEA2 – Task 2 Food Preparation Assessment. This includes a 3-hour practical exam. Students will prepare, cook and present a final menu of three dishes. Outcome: Electronic portfolio of work with photographs of dishes cooked	Revision of content taught in year 10	Revision of content taught in year 10

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			photographic evidence				
Assessment	NEA1 Report Section A – Research Section B- Investigation	NEA1 Report Section B Investigation Section C – Analysis and evaluation Hand in November 2023 Start NEA2 Portfolio	NEA2 Portfolio Section A – Researching the task Section B – Demonstrating technical skills Section C – Planning for the final menu	NEA2 Portfolio – Hand in March 2024 Section D- Making the final dishes Section E – Analysis and evaluation How to carry out nutritional analysis – Jenny Ridgwell Nutrition Program	Past exam questions 8, 10 12-mark questions	GCSE Written paper 1 hour 45 minutes	
PREP	Practice preparing and cooking a range of dishes at home. Develop food preparation skills 1-12	Practice preparing and cooking a range of dishes at home. Develop food preparation skills 1-12	Practice preparing and cooking a range of dishes at home. Develop food preparation skills 1-12	Practice preparing and cooking a range of dishes at home. Develop food preparation skills 1-12	Revision Past papers with mark scheme Seneca	Revision Past papers with mark scheme Seneca	

NOTE: Students will cook once a week and prepare, cook and serve a range of British and international cuisine during Year 10. Students will cook a range of medium and complex dishes (AQA guidance).