

GCSE Food Preparation and Nutrition
Curriculum content

	Year 10 Theory	Practical	Year 11 Theory	Practical
Summer 2	Introduction Nutrition review Macro and Micro nutrients overview	Knife skills Butchery Fish Fileting	Mock NEA 1 with feedback Assessment 3 Mock exam	Student experiments
Autumn 1	Macro nutrients Micro nutrients Introduction to experiments Modify recipes for health Assessment 1	Pastry Bread High fibre tray bake	NEA1	
Autumn 2	Micro nutrients Nutritional analysis using a computer programme Writing a time plan Water and hydration Dietary needs and life stages	Smoothies and juices (experiment) Fileting fish (recap) Older adult meal Sauces	NEA2	Skill trials x 4
Spring 1	Dietary needs Recipe adaption for a specific need Energy Diet and health Assessment 2	Butchery (recap) Vegetarian cookery Pasta (home-made) Sauces Two course meal (specific need)	NEA2	NEA2 Practical 3 hours 3 high skilled dishes
Spring 2	How and why food is cooked Foams, coagulation and aeration Gluten experiment Functional properties of protein Raising agents	Koftas and couscous Bread based pizza (Calzone) Quiche Toad in the hole Swiss roll	Revision for exam	
Summer 1	Emulsification Food spoilage Microorganisms in food Food choices Food sources/Seasonality Sustainability	Mayonnaise Cheese Falafels and flat breads Multicultural meals Strawberry sponge		

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Skills

This qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition. Food preparation skills are integrated into five core topics:

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance.

Assessment

Internal assessment takes place in each unit of work throughout the course, and in line with the school's assessment policy. For the award of the qualification, this linear GCSE from AQA is assessed using non examination assessment and a written paper. These are equally weighted.

Further details can be found at <https://www.aqa.org.uk/subjects/food/gcse>