

**GCSE Food Preparation and Nutrition  
Curriculum content**

	<b>Year 10 Theory</b>	<b>Practical</b>	<b>Year 11 Theory</b>	<b>Practical</b>
<b>Summer 2</b>	Introduction Nutrition review Macro and Micro nutrients overview	Knife skills Butchery Fish Fileting	<b>Mock NEA 1 with feedback Assessment 3 Mock exam</b>	<b>Student experiments</b>
<b>Autumn 1</b>	Macro nutrients Micro nutrients Introduction to experiments Modify recipes for health Assessment 1	Pastry Bread High fibre tray bake	NEA1	
<b>Autumn 2</b>	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
<b>Spring 1</b>	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
<b>Spring 2</b>	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	
<b>Summer 1</b>	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>