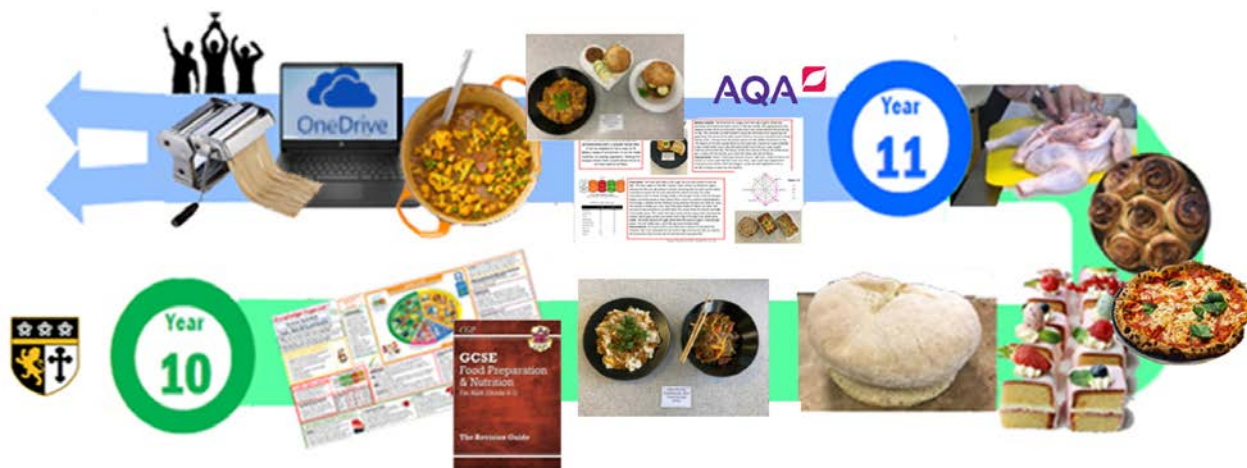# KS4 Year 10 / 11 – AQA GCSE Food Preparation & Nutrition

Year 10
Autumn Term Students will understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health. • Macronutrients and micronutrients theory. • Functional properties of macronutrients; fats, carbohydrate, proteins. • Cooking methods and their effects. • Healthy eating requirements and portion size. For the food practical lessons students use a variety of complex skills and techniques, as well as conducting investigations into ingredients and their properties. Dishes to be developed include; soup, bolognese or lasagne, quiche, pizza and sweet dishes such as meringue and choux pastry.
Spring Term Students will understand the economic, environmental, ethical and cultural influences on diet and health choices. They will also develop knowledge and understanding of the functional properties and chemical processes, as well as the nutritional content of food and drinks. • Special dietary requirements. • Health conditions related to diet. • Cooking methods. • Changing properties of macronutrients. Students will demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment. Dishes to be developed include; pastry, pasta, and bread-based products.
Summer Term Students will demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and food safety considerations when preparing, processing, storing, cooking and serving food. • Food safety and storage. • Influences on food choices. • British and international cuisines.

- Food provenance.
- Food processing and environmental concerns.

Students will understand and explore a range of ingredients and processes from different culinary traditions, to inspire new ideas or modify existing recipes.

Dishes to be developed will be based on British and international cuisines. Students will select and adapt a range of savoury and sweet dishes of their choice.

Year 11

Autumn Term
NEA1 Food Investigation Task, worth 15% of the final grade.
A range of different investigations are given by the exam board for students to explore. The coursework project includes research skills, practical investigations and analysis of findings.
NEA1 Section A - Research (6 marks)
NEA1 Section B – Investigation (15 marks)
NEA1 Section C – Analysis & Evaluation (9 marks)

Autumn/ Spring Term
NEA2 Food Preparation Assessment, worth 35% of the final grade.
A variety of brief topics are given by the exam board for students to study. The coursework project is comprised of research, development of dishes, planning and evaluation tasks.
In addition, part of the coursework is a three-hour practical exam, where students prepare, cook and present three dishes based on their chosen project brief.
NEA2 Section A – Research (6 marks)
NEA2 Section B – Demonstration of technical skills (18 marks)
NEA2 Section C – Planning for the final menu (8 marks)
NEA2 Section D – Making the final dishes (30 marks)
NEA2 Section E – Analyse and Evaluate (8 marks)

Revision for Exam
Students will cover a vast range of topic areas from AQA specification and use their revision guide alongside various revision strategies to help them prepare for their exam. Theory work from Year 10 will be revisited.

Spring/Summer Term
GCSE AQA Food Preparation & Nutrition Written Exam worth 50% of the final grade.
Multiple choice questions _(20 marks)_
Five questions each with a number of sub questions _(80 marks)_
Twenty multiple choice questions followed by five questions varying in different styles and length relating to; Food, nutrition and health, Food science, Food safety, Food choice and Food Provenance. Throughout the GCSE, students are given exam-style questions to assist with the preparation for the written exam. During revision sessions students will recall knowledge through interactive quizzes, games, practical activities, revision notes and exam questions.