



<b>Overview</b>	<p>The AQA GCSE Food Preparation and Nutrition specification sets out the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. Most of the specification is delivered through preparation and making activities. Pupils will be able to make the connections between theory and practice to apply their understanding of food and nutrition to practical preparation.</p> <p>Topics and themes have been grouped as such:</p> <ol style="list-style-type: none"> <li>1. Food, nutrition and health</li> <li>2. Food science</li> <li>3. Food safety</li> <li>4. Food choice</li> <li>5. Food provenance.</li> </ol> <p>The range of food and ingredients studied should reflect the recommended guidelines for a healthy diet based on the main food commodity groups. Food groups include:</p> <ul style="list-style-type: none"> <li>• bread, cereals, flour, oats, rice, potatoes and pasta</li> <li>• fruit and vegetables (fresh, frozen, dried, canned and juiced)</li> <li>• milk, cheese and yoghurt</li> <li>• meat, fish, eggs, soya, tofu, beans, nuts and seeds</li> <li>• butter, oil, margarine, sugar and syrup.</li> </ul>
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<b>Autumn Term</b>	<p><b>Term 1A</b></p> <ul style="list-style-type: none"> <li>■ the growth conditions for microorganisms and enzymes and the control of food spoilage</li> <li>■ bacteria, yeasts and moulds are microorganisms</li> <li>■ high risk foods</li> <li>■ enzymes are biological catalysts usually made from protein</li> <li>■ the different sources of bacterial contamination</li> <li>■ the main types of bacteria which cause food poisoning</li> <li>■ the main sources and methods of control of different food poisoning bacteria types</li> <li>■ the general symptoms of food poisoning</li> <li>■ the food safety principles when buying and storing food</li> <li>■ the food safety principles when preparing, cooking and serving food</li> <li>■ the relationship between diet, nutrition and health</li> <li>■ the major diet related health risks</li> <li>■ low and high biological value proteins</li> <li>■ protein complementation</li> <li>■ protein alternatives eg textured vegetable protein (TVP), soya, mycoprotein and tofu</li> </ul> <p><u>Practical sessions:</u> Stir fry Roasted vegetable pasta bake Jambalaya Eatwell Guide- assessed practical Lemon Tart High protein dish – assessed practical</p> <p><b>Term 1B</b></p> <ul style="list-style-type: none"> <li>■ saturated fats</li> <li>■ unsaturated fats (monounsaturated and polyunsaturated)</li> <li>■ starch (polysaccharides)</li> <li>■ sugars (monosaccharides/disaccharides)</li> <li>■ dietary fibre</li> </ul>	<b>Assessment</b>
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- Frequent 1:1 and whole class verbal feedback
- Exam question feedback
- Mini assessments, terminology tests
- Assessed practical lessons
- Homework marked within online platforms such as GCSEPod, Seneca and eRevision

Autumn Term	<ul style="list-style-type: none"> <li>■ how peoples' nutritional needs change and how to plan a balanced diet for different life stages.</li> <li>■ how to plan a balanced meal for specific dietary groups</li> <li>■ how peoples' nutritional needs change and how to plan a balanced diet for different life stages.</li> <li>■ how to plan a balanced meal for specific dietary groups</li> <li>■ biological raising agents (yeast)</li> <li>■ the use of microorganisms in food production</li> <li>■ the reasons why food is cooked</li> <li>■ the different methods of heat transfer</li> <li>■ Selection of appropriate preparation, cooking methods and times to achieve desired characteristics</li> </ul> <p><u>Practical sessions:</u>  Focaccia bread  Sweet or savoury bread whirls  Lemon or toffee meringue pie  Cooked breakfast  Seasonal cookery</p>	
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Spring Term	<p><b><u>Term 2A</u></b></p> <ul style="list-style-type: none"> <li>■ the functions of vitamins and minerals</li> <li>■ main sources of vitamins and minerals</li> <li>■ effects of deficiency and excess</li> <li>■ related dietary reference values</li> <li>■ how preparation and cooking affects the nutritional properties of food</li> <li>■ the role of antioxidants in protecting body cells from damage</li> <li>■ the working characteristics, functional and chemical properties of carbohydrates</li> <li>■ the working characteristics, functional and chemical properties of fats and oils</li> <li>■ the working characteristics, functional and chemical properties of raising agents</li> </ul> <p><u>Practical sessions:</u>  Cottage pie, fish pie or chicken pie (potato topped pie)  Chocolate/orange cake  Lasagne or Cannelloni with fresh pasta  Caramelised onion and goats cheese tart  Valentine ginger biscuits</p> <p><b><u>Term 2B</u></b></p> <ul style="list-style-type: none"> <li>■ to know and understand factors which may influence food choice</li> <li>■ food choice related to religion, culture, ethical and moral beliefs and medical conditions</li> <li>■ how information about food available to the consumer, including labelling and marketing, influences food choice</li> <li>■ sensory testing methods</li> <li>■ how taste receptors and olfactory systems work when tasting food</li> </ul> <p><u>Practical sessions:</u>  Sectioning chicken – Kiev / BBQ chicken wings / choice of chicken stew  Falafel and homemade wraps and dips  Gyoza  Own choice assessed practical linked to food choice</p>	Assessment
		<ul style="list-style-type: none"> <li>■ Frequent 1:1 and whole class verbal feedback</li> <li>■ Exam question feedback</li> <li>■ Mini assessments, terminology tests</li> <li>■ Assessed practical lessons</li> <li>■ Homework marked within online platforms such as GCSEPod, Seneca and eRevision</li> </ul>

<b>Summer Term</b>	<p><b>Term 3A</b></p> <ul style="list-style-type: none"> <li>■ where and how ingredients are grown, reared and caught</li> <li>■ environmental issues associated with food</li> <li>■ the impact of food and food security on local and global markets and communities</li> <li>■ primary and secondary stages of processing and production.</li> <li>■ how processing affects the sensory and nutritional properties of ingredients</li> <li>■ technological developments to support better health and food production including fortification and modified foods with health benefits and the efficacy of these</li> </ul> <p><u>Practical sessions:</u> High skilled dishes dependent of project and pupil choice</p> <p><b>Term 3B</b></p> <p>Food products from British tradition and two different cuisines:</p> <ul style="list-style-type: none"> <li>■ distinctive features and characteristics of cooking</li> <li>■ equipment and cooking methods used</li> <li>■ eating patterns</li> <li>■ presentation styles</li> <li>■ traditional and modern variations of recipes</li> </ul> <p><u>Mock NEA 1:</u> to investigate how changing the fats in pastry affects the outcome. This will be a trial run through of the assessed NEA 1 which pupils will complete in Year 11. All sections of the assignment are explained thoroughly, and pupils are given feedback on their practical experiment and their submitted written report.</p> <p><u>Mock NEA 2:</u> to select 2 dishes from a country of their choice. To cook both dishes in a 100-minute lesson. This will be a trial run through of the assessed NEA 2 which pupils will complete in Year 11. All sections of the assignment are explained thoroughly, and pupils are given feedback on their practical session.</p> <p><u>Practical sessions:</u> High skilled dishes dependent of project and pupil choice</p>	<b>Assessment</b>
	<ul style="list-style-type: none"> <li>■ Frequent 1:1 and whole class verbal feedback</li> <li>■ Exam question feedback</li> <li>■ Mini assessments, terminology tests</li> <li>■ Assessed practical lessons</li> <li>■ Homework marked within online platforms such as GCSEPod, Seneca and eRevision</li> </ul>	

<b>Useful Resources for Supporting Your Child at Home:</b>	<b>Homework:</b>
<ul style="list-style-type: none"> <li>■ TEAMS – all lesson PowerPoint and resources are posted on the Year 10 Food and Nutrition page</li> <li>■ AQA revision guide in folder</li> <li>■ AQA Illuminate online textbook</li> <li>■ Past papers</li> <li>■ Students should attempt to cook at home to practise skills</li> </ul>	<ul style="list-style-type: none"> <li>■ Organisation of recipes and ingredients</li> <li>■ Weekly homework posted on Teams</li> </ul>