



## Food Preparation and Nutrition GCSE Curriculum Overview

**Rationale:** The KS4 curriculum is designed to utilise the skills developed in KS3 therefore ensuring students have the plethora of skills and knowledge to tackle the GCSE specification but more importantly be able to transfer these skills to the world of work. Students will have a wide range of practical ability to tackle a complex recipe, be able to modify the dish for the specific individuals needs and ensure it can be commercially viable.

Term/Length of Time	Outline	Assessment/Teacher Feedback Opportunities	Homework and Literacy resources
Y10 Food Nutrition  Sept to October	<p><b><u>The chemical make up of a nutrient.</u></b>            Re capping of nutrition from year 9 lessons. Having an understanding of the nutrients and able to apply this knowledge for individual needs and to improve a recipe.</p> <p>Understanding the relationship between water and fat soluble vitamins. Knowing the correct cooking methods for certain foods.</p> <p><b>Adapting and Development of Meals</b>            Being able to utilise the nutritional knowledge they have gained to change a recipe for a specific target market.</p>	<p>Practical skills will be assessed throughout the course. Students will be notified in advance.            Mashed potato topped pie.</p> <p>End of unit test on nutrition will assess students practical and theoretical knowledge of the subject.</p>	<p><b>Minimum homework expectation - to be set on G4S</b>            Students to read the recipe and become familiar with the instructions. Students will prepare and organise their ingredients for the practical task in food.</p> <p>Revision for end of unit tests.  <a href="https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1">https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1</a>  <a href="https://www.bbc.co.uk/bitesize/guides/znnqqhv/revision/1">https://www.bbc.co.uk/bitesize/guides/znnqqhv/revision/1</a></p> <p><b>Optional homework tasks and Literacy resources</b>            Students to practice the recipes at home to build confidence. Students can use the differentiated recipe list from the AQA exam board to build their skill set in the practical aspects of the course.</p> <p><a href="https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/teaching-guide-skills-for-recipes">https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/teaching-guide-skills-for-recipes</a></p>

<p>Packaging and preservation</p> <p>October through to December</p>	<p><b><u>Packaging and Preservation –</u></b></p> <p>Greater understanding of why food packaging is used. What legal requirements are needed for a food package.</p> <p><b>Health and safety – food preservation</b></p> <p>Symbols that are used to communicate information to the consumer. Pros and cons of differing packaging and preservation methods. Students will have a sound knowledge of hygienic and safe practice in a food room and understand the important role that this plays within the industry.</p>	<p>Practical skills will be assessed throughout the course.</p> <p>Retrieval tasks of students knowledge will also be used to ensure a greater level of learning is being achieved.</p> <p>End of unit test will assess students practical and theoretical knowledge of the subject.</p>	<p><b>Minimum homework expectation - to be set on G4S</b></p> <p>Students to read the recipe and become familiar with the instructions. Students will prepare and organise their ingredients for the practical task in food.</p> <p>Revision for end of unit tests.  <a href="https://www.bbc.co.uk/bitesize/guides/zdjvgdm/revision/">https://www.bbc.co.uk/bitesize/guides/zdjvgdm/revision/</a></p> <p><b>Optional homework tasks and Literacy resources</b></p> <p>Students to practice the recipes at home to build confidence. Students can use the differentiated recipe list from the AQA exam board to build their skill set in the practical aspects of the course.</p> <p><a href="https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/teaching-guide-skills-for-recipes">https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/teaching-guide-skills-for-recipes</a></p>
<p><u>Food Science and Heat transfer</u></p> <p>January to February</p>	<p>Understanding the impact of the science on making food products.</p> <p>Learning key terms through practical skills and theoretical lessons –</p> <p>Dextrinisation  Coagulation  Gelatinisation  Maillard Reaction  Colloidal system</p> <p>Understands the terms conduction, convection and radiation.</p>	<p>Assessment of Viennese whirl biscuit – demonstrating piping and uniformity.</p> <p>End of unit test using GCSE exam questions based on the food science section of the course.</p>	<p><b>Minimum homework expectation - to be set on G4S</b></p> <p>Students to read the recipe and become familiar with the instructions. Students will prepare and organise their ingredients for the practical task in food.</p> <p>Revision for end of unit tests.  <a href="https://classroom.thenational.academy/units/future-food-and-the-application-of-science-4e11">https://classroom.thenational.academy/units/future-food-and-the-application-of-science-4e11</a></p> <p><b>Optional homework tasks and Literacy resources</b></p> <p>Students to practice the recipes at home to build confidence. Students can use the differentiated recipe list from the AQA exam board to build their skill set in the practical aspects of the course.</p> <p><a href="https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/teaching-guide-skills-for-recipes">https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/teaching-guide-skills-for-recipes</a></p>

<p><u>Sustainability</u></p> <p>March to May</p>	<p>Understanding of food miles, and environmental impact on the choice of food that we can eat. Looking at the 6Rs, farming and food production.</p> <p><b>Food Provenance</b> Students will know where and how our food is produced. They will be able to make good decisions in the foods that they eat and make using this knowledge. They will gain an understanding of the environmental impact on the choices we make.</p>	<p>Test on packaging and symbols associated with packaging.</p>	<p><b>Minimum homework expectation - to be set on G4S</b> Students to read the recipe and become familiar with the instructions. Students will prepare and organise their ingredients for the practical task in food.</p> <p>Revision for end of unit tests. <a href="https://www.bbc.co.uk/bitesize/guides/zdjvgdm/revision/">https://www.bbc.co.uk/bitesize/guides/zdjvgdm/revision/</a></p> <p><b>Optional homework tasks and Literacy resources</b> Students to practice the recipes at home to build confidence. Students can use the differentiated recipe list from the AQA exam board to build their skill set in the practical aspects of the course.</p> <p><a href="https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/teaching-guide-skills-for-recipes">https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/teaching-guide-skills-for-recipes</a></p>
<p><u>Food Choices and Food Provenance</u></p> <p>June and July</p> <p><u>Exam practice</u></p> <p>Fortnightly lessons</p>	<p><b>Retrieval from previous lessons –</b> Revisiting key aspects of the course will provide students to embed their learning. Students will have greater independence over the products that they are making and will select these to meet the needs of a specific target market. Identify the food choices that impact individual consumers.</p> <p>Students will be given regular exam preparation lessons to ensure they are embedding their knowledge.</p>	<p>Food science exam question</p>	<p><b>Minimum homework expectation - to be set on G4S</b> Students to read the recipe and become familiar with the instructions. Students will prepare and organise their ingredients for the practical task in food.</p> <p>Revision for end of unit tests. <a href="https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1">https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1</a></p> <p><b>Optional homework tasks and Literacy resources</b> Students to practice the recipes at home to build confidence. Students can use the differentiated recipe list from the AQA exam board to build their skill set in the practical aspects of the course.</p> <p><a href="https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/teaching-guide-skills-for-recipes">https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/teaching-guide-skills-for-recipes</a> <a href="https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/subject-specific-vocabulary">https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/subject-specific-vocabulary</a></p>

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**C**ommitment, **O**ppportunity, **R**espect & **E**xcellence  
for all and in all that we do