



## Year 10 + 11 GCSE Food Preparation and Nutrition – Outline Programme of Study

	Year 10 Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Big ideas/ topics	Fruits and Vegetables Nutrient focus – water soluble micronutrients ( Vits – B1, B2, B3, B9, B12, C)	Dairy Foods Nutrient focus – fat soluble micronutrients ( Vits A+D, calcium + phosphorous)	Cereals Nutrient focus – carbohydrates and dietary fibre	Meat, Fish + Eggs Nutrient focus - protein	Fats and sugars Nutrient focus - fat	Morals + ethics surrounding food
Key Knowledge	Recap 5 a day, classifications of F+V, nutritive value, provenance of F+V, organic, Fair trade, food miles, Methods of cooking F+V. Processing + storage of F+V – loss of nutrients during storage + methods of preservation, feeding different types of vegetarian, possible deficiency. Gelatine production/ acid coagulation of proteins/ alternative methods of setting a mixture – gelatine, acid and heat coagulation using eggs Practical work - Chicken and veg chow mein ( use of veg spiralizer!) Fish cakes – types and uses of potatoes, nutritive value. Cheesecake with fruit topping	Milk, cheese cream and Yoghurt, classifications, (also non-dairy milks) Storage, nutritive value -calcium, phosphorus, VitD, retinol (VitA) – function in body; Links between Vit D + absorption of calcium. Processing of milk + effect on nutritive value. Use of beneficial micro-organisms in making yoghurt and cheese. Dairy foods throughout different stages of life. Milk- formation + structure of emulsions. Process of gelatinisation in sauces. Practical work- cheese soufflé, chicken pie. Cheese whirls Black forest gateaux	Cereals- flours, bread, pasta. What are staple foods? Nutritional value of cereals, structure of carbohydrate (sugar, starch, fibre) stages of bread making focus on technical terminology including gluten formation, gelatinisation, dextrinization, fermentation, Different nutritional value of whole-wheat vs processed also rice Effects of low fibre diets- haemorrhoids, diverticulosis and cancer of the colon. Practical work Bread making, choux pastry Flaky pastry Pasta making	Meat, offal, poultry, fish+ eggs. Different types + cuts, properties +uses of, Nutritional value of each, focus on structure of protein and function in diet connective tissue in meat and fish – how it affects the cooking method, Maillard reaction Religious considerations when eating meat. Halal. Kosher. Food spoilage, High risk foods, storage temperatures, pathogenic bacteria and food poisoning symptoms. Practical work – portioning a chicken, stuffed chicken, pavlova	Butter, oils+ lard margarine. Different types. Fortification. Structure of saturated, mono-unsaturated + polyunsaturated fats. Links to obesity, type 2 diabetes, links to CHD. Nutritional value of lipids in the diet, essential fatty acids. effect of excess in the diet. Healthy Eating - current dietary goals, changes to eat well plate, government initiatives. Adapting recipes to meet the needs of customer – eg lowering fat+ sugar. Sugar and syrup. How they are made/ where they come from. Practical work Pork pies Viennese whirls	Soya, tofu, beans, nuts + seeds Nutritional value, uses in food prep Ethical issues surrounding food waste and effect on environment, impact of packaging on environment. Methods of preservation and use of additives in food Research project – Foods from 4 areas of British Isles +2 named European countries. Need to know distinctive features, and eating patterns, how cuisine has developed historically, use of distinctive ingredients or methods of cooking. Practice assignment 1 planning.

	Year 11 Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Big ideas/ topics	Assignment 1	Assignment 2 + mocks	Assignment 2	Practical exams + Completion of coursework	Revision + GCSE exams	GCSE exams
Key Knowledge	Exam board set assignment Research, plan + develop of appropriate experiments, produce hypothesis, carry out experiments – produce supporting data and reach scientific conclusions	Exam board set assignment Produce 3 different forms of research, Trial a selection of appropriate dishes Select + reject suitable dishes for practical exam December – mock exams	Complete selection of dishes, Give reasons for choice Produce a timeplan, shopping list and equipment list	Complete practical exam 8.30-9.00 miss-en-place 9.00-11.30 skills test Evaluate success of practical exam	Series of revision sessions based on results of mock exams	
Further information and reading list						



The exam board used for GCSE is Eduqas; [https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab\\_keydocuments](https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab_keydocuments)

- British Nutrition Foundation
- <https://www.nutrition.org.uk/healthy-sustainable-diets/>

#### Useful Books

- WJEC EDUQAS GCSE Food Preparation and Nutrition by Helen Buckland, Jacqui Keepin.
- WJEC EDUQAS GCSE Food Preparation and Nutrition by Alison Clough-Halstead, Fiona Dowling, Victoria Ellis, Jayne Hill and Bethan Jones.
- GCSE Food Preparation & Nutrition - WJEC Eduqas Revision Guide <https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnwr41-gcse-food-preparation-nutrition-wjec>
- GCSE Food Preparation & Nutrition - WJEC Eduqas Exam Practice Workbook (includes Answers) <https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnwq41-gcse-food-preparation-nutrition-wjec>
- My Revision Notes: WJEC Eduqas GCSE Food Preparation and Nutrition by Helen Buckland <https://www.hoddereducation.co.uk/subjects/food-preparation-and-nutrition/products/general/my-revision-notes-wjec-eduqas-gcse-food-preparatio>
- GCSE Food Preparation & Nutrition AQA Revision Question Cards <https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnaf41-gcse-food-preparation-nutrition-aqa>

Ways to support and extend student learning in this subject

#### Support for pupils

The greatest challenge for many students is the quantity of subject content that is necessary to cover in the course. Our GCSE students tell us that breaking this down into manageable chunks (often in the form of flashcards) and quizzing / consolidating little and often is the best way of keeping on top of what has been covered. We also recommend applying that knowledge to exam-style questions as often as possible

Revision and lesson materials will be on each Google Classroom. You can refer to these to help your child with their homework or if they are absent from school.

#### Stretch and Challenge Pupils.

It is important to have lots of practice exam questions and scenarios to give a wider extension of exam practice.

Some past papers are available to download from the Eduqas website: [https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab\\_pastpapers](https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab_pastpapers)

You can do a past paper with the exam board principal examiner talking you through it. These materials offer practical hints and tips on how to effectively approach questions in examination papers and preparing for NEA.

[https://resources.eduqas.co.uk/Pages/ResourceSingle.aspx?rlid=1476&\\_ga=2.27995327.280788783.1678898325-1135750704.1678898325](https://resources.eduqas.co.uk/Pages/ResourceSingle.aspx?rlid=1476&_ga=2.27995327.280788783.1678898325-1135750704.1678898325)

Encourage students to attend the extra scheduled revision and coursework sessions.

Revision cards are very useful for knowledge. These can be created by the student or you can purchase pre-printed flash cards. Identify key words that cannot not yet be recalled or spelt correctly. Create flashcards and complete regular quizzing at home.