

Year Group 9- GCSE Food Preparation and Nutrition

AQA Examination Board Assessment outline: Written exam: 50%

Food investigation Assessment: 15%

Food Preparation Assessment: 35%

Course content: 1) Food, nutrition and health 2) Food science 3) Food safety 4) Food choice 5) Food provenance

All the above assessments completed in Year 11

Curriculum on a Page

Term One

What we will be learning (Subject knowledge)

- We will be learning about nutrition. We will learn the following about the 5 nutrients protein, fat, carbohydrates, vitamins and minerals; definitions, functions, sources, effects of a deficiency and excess and the amount of the nutrient needed by different groups.
- We will be learning about nutritional needs and health. Looking specifically at planning meals for different target groups, special diets, energy, how to carry out nutritional analysis and diet, nutrition and health.
- Health, hygiene and safety focusing on knife skills and accurate vegetable cutting and preparation.
- We will be practising a range of skills with the use of large and small equipment and preparation of ingredients on a regular basis, cooking with a wide range of ingredients

How we will be learning (Learning approaches including Learning Habits)

- Focus practical tasks and investigation working in groups and individually.
- Home learning tasks relating to nutrition knowledge and understanding
- Practical skills

Try This at home

- Watch food programmes such as Master Chef to gain ideas about presentation and Food Inspectors, which focus on kitchen, personal, and food safety.
- Resource own recipe choice using www.bbcgoodfood.co.uk and learn to recognise varying skill levels high, medium and basic skill and use this knowledge when selecting recipes.
- Use the food nutrition and cost software program to investigate nutrition and cost of recipes cooked. www.nutritionprogram.co.uk

Term Two

What we will be learning (Subject knowledge)

- We will learn about food choice and how this affects cost, availability, religion, personal preference, time, skills and knowledge. This section also includes food labelling and marketing influences.
- We will learn about sensory evaluation, how the senses influence food choice, how we taste food, sensory testing methods used to evaluate food products and how to set up a food tasting panel.
- We will continue practising the use of large and small equipment and preparation of ingredients on a regular basis, cooking with a wide range of ingredients.
- We will learn how to adapt recipes to make them healthier and take into consideration allergies and special diets: wheat, dairy, nuts and vegetarianism.
- We will assess each individual dish cooked using the GCSE marking scheme and track every practical lesson using the progress chart displayed in the classroom. We will adopt peer and self-assessment methods to encourage and raise development in practical skills.

How we will be learning (Learning approaches including Learning Habits)

- Focus practical tasks and investigation working in groups and individually.
- Home learning tasks relating to food choice and sensory evaluation
- Practical skills
- Mini investigations

Try This at home

- Visit supermarkets and delicatessen to familiarise yourself with the range of

ingredients available and how they are packaged and their cost.

- Use the food nutrition and cost software program to investigate nutrition and cost of recipes cooked. www.nutritionprogram.co.uk
- Watch food programmes such as Master Chef to gain ideas about presentation and Food Inspectors, which focus on kitchen, personal, and food safety.
- Resources own recipe choice using www.bbcgoodfood.co.uk and check skill level using high, medium and basic skill descriptions.

Term Three

What we will be learning (Subject knowledge)

- We will be focusing on principles of food safety; food safety advice when buying and storing food, what to look for when buying food, types of food storage and temperature control in food storage
- We will be learning about the features and characteristics of cuisines from Britain and other countries.

How we will be learning (Learning approaches including Learning Habits)

- Focus practical tasks and investigation working in groups and individually.
- Mini practical tasks and group research and practical tasks – linked to high-risk foods, critical control temperature, correct preparation, cooking and storage methods to ensure safe to eat.
- Home learning on food safety

Try This at home:

- Visit supermarkets and delicatessen to find out about range of ingredients and how they are packaged and cost.
- Use the food nutrition and cost software program to investigate nutrition and cost of recipes cooked. www.nutritionprogram.co.uk
- Watch food programmes such as Master Chef to gain ideas about presentation and **Food Inspectors, which focus on kitchen, personal, and food safety.**
- Resources own recipe choice using www.bbcgoodfood.co.uk and check skill level using the exam board high, medium and basic skill descriptions.

GCSE Food preparation and Nutrition (Grade 9-1) for AQA

