

**CURRICULUM SUMMARY –
Cooking and Nutrition (KS3) Food
Preparation and Nutrition (KS4)**

YEAR 9 GCSE FOOD PREPARATION AND NUTRITION AQA 8585

TERM 1	TERM 2	TERM 3
<p>CONTENT Nutrition – Macro and micro nutrients Nutrition and Health Food Preparation Skills – general practical skills Knife skills Use of the cooker Use of equipment Tenderising and marinating Practice exam questions</p>	<p>CONTENT Food Science Functional and chemical properties of food Food Preparation Skills - preparing, combining and shaping Sauce-making Dough Raising agents Practice exam questions</p>	<p>CONTENT Functional and chemical properties of food ... cont Sensory evaluation Food labelling and marketing NEA practice work - Food Investigation Food spoilage and contamination Principles of food safety</p>
<p>PRACTIAL WORK Bread rolls Victoria Sandwich Cake decorating Yummy Chocolate Pudding Shortcrust Pastry Quiche Swiss Roll Cheesecake Vegetarian Chilli Con Carne Spaghetti Bolognese Potato Latkes</p>	<p>PRACTIAL WORK Risotto Stir Fry Roasted Vegetables Sweet and Sour Noodles Vegetable Curry Macaroni Cheese Homemade Pasta Sauce Carrot muffins</p>	<p>PRACTIAL WORK Lemon Meringue Pie Fish fingers Trifle Falafels Tuna Lasagne Spinach and Cream Cheese Roulade Profiteroles and Caramel Sauce</p>
<p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Fruit and Vegetable project • Meat project • Class test x 2 • Practical work 	<p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Milk, Cheese and Yoghurt project • Egg project • Class test x 2 • Practical work 	<p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Pulses, seeds and nuts project • Class test • End of year exam • Practical work
<p>HOW PARENTS CAN SUPPORT LEARNING Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p>	<p>HOW PARENTS CAN SUPPORT LEARNING Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p>	<p>HOW PARENTS CAN SUPPORT LEARNING Encourage their sons/daughters to revise for end of year exam Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p>

YEAR 10 GCSE FOOD PREPARATION AND NUTRITION AQA 8585

TERM 1	TERM 2	TERM 3
<p>CONTENT Food Safety Factors that affect food choice Cooking of food and heat transfer revision Food production and processing Practice exam questions</p>	<p>CONTENT Food Provenance Environmental impact and sustainability of food Exam Preparation NEA practice work - Food Investigation NEA practice work - Food Preparation</p>	<p>CONTENT NEA practice work - Food Investigation NEA practice work - Food Preparation</p>
<p>PRACTIAL WORK Vegetable Soup Duchess Potatoes Naan bread Spicy Lentil and Vegetable Casserole Braised rice Pasta Dough Thai Curry Vegetarian Chow Mein Savoury Palmiers</p>	<p>PRACTIAL WORK NEA practice work - Food Investigation The students take part in a number of practical investigations that focus on looking at practical examples of the effect of cooking on ingredients NEA practice work - Food Preparation</p>	<p>PRACTIAL WORK Special Dietary Needs – gluten free brownies Vegetarian practicals – student’s choice International cuisine, 4 practicals – student’s choice</p>
<p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Class test x 2 • Practical work 	<p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Class test • Practical work • Mid-year exam 	<p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Food preparation practice project – International food • Practical work
<p>HOW PARENTS CAN SUPPORT LEARNING Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p>	<p>HOW PARENTS CAN SUPPORT LEARNING Provide ingredients for the practical lessons Encourage their sons/daughters to revise for mid year exam Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p>	<p>HOW PARENTS CAN SUPPORT LEARNING Provide ingredients for the practical lessons Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p>

YEAR 11 GCSE FOOD PREPARATION AND NUTRITION AQA 8585

TERM 1	TERM 2	TERM 3
<p>CONTENT</p> <p>NEA Food Investigation title released on 1st September</p> <p>NEA Food Preparation title released on 1st November</p>	<p>CONTENT</p> <p>NEA Food Preparation project</p>	<p>CONTENT</p> <p>Revision for written exam – 50% of GCSE</p>
<p>PRACTIAL WORK</p> <p>Food Investigation title released on 1st September</p> <p>Food Preparation title released on 1st November</p>	<p>PRACTIAL WORK</p> <p>NEA Food Preparation project</p>	<p>PRACTIAL WORK</p> <p>Targeted revision practicals – depending upon group</p>
<p>ASSESSMENTS</p> <ul style="list-style-type: none"> NEA Food Investigation PRACTICAL WORK 	<p>ASSESSMENTS</p> <ul style="list-style-type: none"> NEA Food Preparation PRACTICAL EXAM 3 hours 	<p>ASSESSMENTS</p> <ul style="list-style-type: none"> GCSE Written Exam
<p>HOW PARENTS CAN SUPPORT LEARNING</p> <p>Provide ingredients for the practical lessons</p> <p>Encourage their sons/daughters to revise for mock exam</p> <p>Encourage their sons/daughters to cook regularly</p> <p>Ensure that homework tasks are completed</p>	<p>HOW PARENTS CAN SUPPORT LEARNING</p> <p>Encourage their sons/daughters to practise cooking for their practical exam</p> <p>Provide ingredients for the practical exam</p> <p>Encourage their sons/daughters to cook regularly</p> <p>Ensure that homework tasks are completed</p>	<p>HOW PARENTS CAN SUPPORT LEARNING</p> <p>Encourage their sons/daughters to revise for written exam</p> <p>Encourage their sons/daughters to cook regularly</p> <p>Ensure that homework tasks are completed</p> <p>Provide ingredients for the practical lessons</p>