SUBJECT CURRICULUM PLAN

HASMONEAN
אל תקרי בניך אלא בוניך

SUBJECT:	**Food, Preparation and Nutrition**	**YEAR GROUP:**	**10**
COURSE:	GCSE Food, Preparation and Nutrition	**EXAM BOARD:**	**AQA**
SUBJECT INTENT:	To develop students' knowledge of nutrition, food science, food safety, and the principles of healthy eating. Students gain practical cooking skills while understanding how to make informed decisions about food, diet, and nutrition throughout life. The course also encourages creativity, independence, and problem-solving, preparing students for further study and everyday life.		

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING	SPECIFICATION LINK
Autumn	Food, Nutrition and Health	Macronutrients, micronutrients, Eatwell Guide, energy balance, life stages, special diets, dietary needs, nutritional analysis. Practical skills: knife skills, weighing, measuring, boiling, steaming, baking	Healthy eating, nutrient functions, diet and health, balanced meals, dietary reference values, recipe modification.	Establishes fundamental nutrition knowledge that underpins later food science and practical decision-making. Students learn safe, accurate practical skills alongside nutritional theory.	3.1 Food, Nutrition and Health; 3.5 Food Preparation Skills

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING	SPECIFICATION LINK
Spring	Food Science & Food Safety	Heat transfer, protein coagulation, gelatinisation, dextrinisation, caramelisation, emulsions, raising agents, fermentation, enzymic browning, food spoilage, bacteria, contamination, food poisoning, temperature control, HACCP principles. Practical investigations into functional properties of ingredients.	Scientific principles of cooking, microbiology, food safety, chemical and physical changes in food, investigative skills.	Builds on nutrition by explaining why ingredients behave as they do. Students apply scientific understanding through practical investigations and increasingly complex dishes.	3.2 Food Science; 3.4 Food Safety; 3.5 Food Preparation Skills

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING	SPECIFICATION LINK
Summer	Food Choice &	Factors affecting food choice,	Consumer choice,	Applies learning from earlier terms	3.3 Food Safety

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	Food Provenance	religion, culture, ethics, allergies and intolerances, sustainability, food production, food security, environmental impact, British and international cuisines, seasonality. Practical planning, sensory analysis and evaluation.	sustainability, food miles, provenance, ethical sourcing, sensory testing, menu planning, evaluation.	to real-life food choices and prepares students for Year 11 NEA by developing planning, evaluation and independent practical skills.	and Food Choice; 3.5 Food Preparation Skills

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SUBJECT:	**Food, Preparation and Nutrition**	**YEAR GROUP:**	**11**
COURSE:	GCSE Food, Preparation and Nutrition	**EXAM BOARD:**	**AQA**
SUBJECT INTENT:	To develop students' knowledge and understanding of nutrition, food science, food safety, and the practical skills needed to prepare and cook a wide range of dishes. It encourages students to make informed decisions about food, health, sustainability, and the wider food industry while building confidence and independence in the kitchen. Through both theory and practical learning, students are prepared for further study, careers in food-related industries, and everyday life.		

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING	SPECIFICATION LINK
Autumn	NEA 1: Food Investigation (15%)	Complete scientific investigation set by AQA. Plan, carry out practical investigations, analyse results, evaluate findings and produce written reports. Continue retrieval practice of Year 10 theory.	Food science, functional and chemical properties, experimental methods, analysis, evaluation, evidence-based conclusions.	Builds on Year 10 food science knowledge. Students apply practical investigations before moving to independent assessment. Reinforce theory through weekly exam-style questions	Section 4: Food Science. NEA1 (15%) Sections 3.1-3.3

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING	SPECIFICATION LINK
Spring	NEA 2: Food Preparation Assessment (35%)	Research task, menu planning, recipe trials, time plans, nutritional justification, final practical examination (3 dishes in 3 hours), portfolio completion.	Technical skills, nutrition, food choice, planning, organisation, time management, evaluation, presentation.	Students apply all practical and theoretical learning from Years 10 and 11. Progress from research to development, refinement and final assessment.	NEA2 (35%) Sections 3.1-3.8 3.5 Food Preparation skills

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING	SPECIFICATION LINK
Summer	Examination	Consolidation of all specification	Retrieval practice, exam	Following completion of NEAs,	All specification

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	Preparation (Written Exam – 50%)	content: Food, Nutrition & Health; Food Science; Food Safety; Food Choice; Food Provenance; Food Preparation Skills. Practice multiple-choice, short-answer and extended-response questions.	technique, application of knowledge, command words, AO1–AO4, revision strategies.	students focus entirely on examination preparation, addressing misconceptions through past papers and targeted revision.	sections (3.1-3.8)