

# Food Preparation and Nutrition @ WBS Year 10 Roadmap

**Subject Aim: The course aim is to assist students to master the skills, knowledge and understanding needed for the AQA GCSE (9-1) in Food preparation and Nutrition. It focuses on practical cooking skills which will help the students development of the understanding of nutrition, food provenance and the working characteristics of food.**

	TOPIC 1	ASSESSMENT IN YEAR 10
First term	<p>Introduction to the course and assessment criteria outlined. In this first term under the heading of <b>Nutrition</b> the following areas will be studied: product development, sensory analysis, carbohydrates, energy, pasta and bread, protein, meat, fish, poultry, alternative protein sources, milk, dairy products, fats sugar, vitamins and minerals. A nutrition test will conclude this topic. The second Topic in this area to be studied is <b>Nutritional needs and Health</b> in which the following areas will be studied: Special dietary needs relating to age, sex, ethnic group, intolerances, adapting recipes and healthy eating. Healthy eating and nutritional needs test will conclude this section. Practical's carried out during this term will relate to the theory work being studied.</p>	<p>One examination paper lasting 1hour and 45 minutes which tests the knowledge and understanding of food technology. This will be sat at the end of year 11 (50% of the total GCSE) and two pieces of NEAs which are also completed during Yr. 11 (50% of the total GCSE). In preparation for the above theory tests will be carried out after every half term of work during lesson time. Practical work will be also assessed on a termly basis in terms of skills shown and presentation.</p>
Second Term	<p>In this term under the heading of <b>Food Choice</b> the following areas will be studied: Food Choice, life styles, British and international cuisine, costing and labelling on packaging. A written assessment will conclude this topic. Under the heading of <b>Food Safety</b>, the following areas will be studied: micro-organisms, food poisoning, food spoilage and contamination and hygiene and safety in the food chain. A written assessment on these topics will conclude this section. Practical's carried out during this term will relate to the theory work being studied.</p>	<p><b>HOMEWORK IN YEAR 10</b> Homework plays a very important role in helping students to develop links between theory and practical work. Homework tasks are set either to enhance the current theory work being undertaken by the students or to cover additional specification content. All work will be marked using the GCSE grading scale (9-1). It is also vital that homework is completed in detail and on time to ensure clear connections are made between it and the in-lesson content.</p>
Term three	<p><b>TOPIC 3</b> In this term under the following headings of <b>Food Science</b> the following areas will be studied: Food science, functional and chemical properties, food and heat transfer and a practise experiment for the NEA1 will be carried out. A written assessment on these topics will conclude this section and the NEA1 will be marked and feedback given in line with AQAs marking criteria for this section. Under the heading of <b>Food Provenance</b>, the following areas will be studied: environmental impact and sustainability of food. Also under the heading of <b>Food Processing</b>, the following areas will be studied: Food production and processing including additives and technological developments associated with better health. Practical's carried out during this term will relate to the theory work being studied.</p>	<p><b>REVISION FOR ASSESSMENTS IN YEAR 10</b> Students are encouraged to produce revision materials after each topic is completed to assist with the revision for the forth coming assessment at the end of each half term and for their final GCSE examination. To complete their revision materials students can use their exercise books and other websites e.g. British Nutrition Foundation - <a href="http://nutrition.org.uk">nutrition.org.uk</a> and the AQA website to view the full specification. Food Technology students can practise their dish at home prior to the lesson to help develop confidence and pace, especially before an assessed practical.</p>

## ENRICHMENT THEMES IN YEAR 10

SMSC and British Values: Please see The Creative Designs Department's SMSC Document. Throughout the course students will discuss various food related careers and what skills are linked to real jobs in food science sector and food industries. This will be driven by certain aspects of the specification content. Cultural Capital: Students will study Food from a lifestyle and economics point of view to understand the effects it can potentially place on your diet and nutritional intake if you have little nutritional knowledge and understanding but will also highlight factors to resolve that. Students will also view and study all social, economic, cultural and medical groups from a variety of backgrounds so that they can be encouraged to emphasise and relate to others demonstrating that they can also achieve their aspirational dreams irrespective of their own background. Extra curriculum lessons will also run every week to help support students with their theory, NEA and practical work.

### Where Next?

Students will put their theory knowledge and practical skill development into practice as they start work on their two NEA tasks which will be released by the AQA, NEA 1 in September and NEA2 in November. They will also complete a number of past papers in preparation for their final examination.