

Subject: GCSE Food Preparation and Nutrition

Year 10 (Modules, Topics)

Term 1	Term 2	Term 3
<p>Unit 1 – Nutrition Pupils develop an in-depth knowledge of both macro and micro nutrients. They develop cooking skills by carrying out a series of practicals and science experiments linked to the theory.</p> <p>Unit 2 – Meal planning Pupils build on skills learnt in Years 7, 8 and 9 on diet related diseases, healthy eating and food choices as well as learning new concepts such as basal metabolic rate (BMR) and physical activity level (PAL). Cooking skills continue to be developed linked to theory.</p> <p>Regular homework once every two weeks is set. Homework could include exam questions, a research task or writing up an experiment completed in the lesson.</p> <p>Assessment: Research, 2 x test and mock non-examined assessment (NEA) 1 (practical component)</p>	<p>Unit 3 –Function of food Students will look at the function of proteins, carbohydrates and fats in cooking. Large parts of this part of the course will be demonstrated by a series of practical lessons. Students will also look at bread making in detail.</p> <p>Unit 4 – Mock Non-Examined Assessment (NEA) 2 (practical component) Students complete a mock coursework which includes theory work. Included in this will be a three-hour practical. Students will also study bacteria and food spoiling.</p> <p>Regular homework once every two weeks is set. Homework could include exam questions, a research task or writing up an experiment completed in the lesson.</p> <p>Assessment: Mock NEA2, research, test x2</p>	<p>Unit 5- Food safety and food production Students will look at food safety, food poisoning and food spoilage. This unit will look at this through both theory and practical lessons. Students will also look at primary and secondary processing.</p> <p>Unit 6 – British and international cuisine Students will look at both British and international food and the traditions in a selection of countries which have similarities and differences.</p> <p>Regular homework once every two weeks is set. Homework could include exam questions, a research task or writing up an experiment completed in the lesson.</p> <p>Assessment: Evaluation, planning, test x2</p>

Year 11 (Modules, Topics)

Term 1	Term 2	Term 3
<p>Unit 1 – Non-examined Assessment 1 – 15% of final grade. Students will be given a brief from the exam board and will be expected to complete a series of experiments to either prove or disprove a hypothesis. This will be written up in the form of a science experiment.</p> <p>Unit 2 – Non-examined Assessment 2 – 35% of final grade Students will be given a brief from the exam board. Students will spend this part of the term researching the brief and coming up with ideas which could match the brief.</p> <p>Regular homework once every two weeks is set. Homework could include exam questions, a research task or writing up an experiment completed in the lesson.</p> <p>Assessment: NEA 1 and 2</p>	<p>Unit 2 – Non-examined Assessment 2 – 35% of final grade Students will start to trial dishes which match the brief. They will also complete a three-hour practical which contributes to their grade for this part of the assessment. A final evaluation will then be completed.</p> <p>Unit 3 – Revision Revision on all topics of the course will be looked at. Students will be given exam questions and shown various ways of revising.</p> <p>Regular homework once every two weeks is set. Homework could include exam questions, a research task or writing up an experiment completed in the lesson.</p> <p>Assessment: NEA 2</p>	<p>Final revision and exam preparation</p>