

Food Preparation and Nutrition – Year 10

	Year 10 – Block A	Year 10 – Block B
What do we teach?	Specification: AQA Food Preparation and Nutrition (8585)	
	<p>The focus for Block A is a unit entitled nutritional needs and health. In this unit, students learn how to make informed choices for a varied and balanced diet (healthy eating, portion sizes and costing of recipes). In particular, students focus on the following four areas:</p> <ul style="list-style-type: none"> • Macronutrients - Proteins • Macronutrients – Carbohydrates • Micronutrients – Vitamins • Micronutrients – Minerals 	<p>The focus for Block B is a unit entitled food choices. In this unit, students learn about:</p> <ul style="list-style-type: none"> • Diet, nutrition and health (the major diet related health risks – obesity, coronary heart disease) • Cooking of food and heat transfer – Selecting appropriate cooking methods • Food labelling and marketing influences • Students also plan in pairs a dish/meal (with suitable ingredients and cooking methods) for someone with one of the following: obesity, cardiovascular disease or high blood pressure.
How does this meet the National curriculum?	<p>Students are taught the importance of healthy eating and the principles of nutrition. Making a range of predominately savoury dishes, students are encouraged to explore flavours and textures whilst learning a variety of cooking techniques. This helps build the foundations for the KS4 assessment objectives of:</p> <p>AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.</p> <p>AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.</p>	<p>Students continue to develop their understanding around safely preparing, cooking and presenting nutritional dishes. Students will draw on their learning of different types of provision, as well as personal safety in their preparations. This helps build the foundations for the KS4 assessment objectives of:</p> <p>AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.</p> <p>AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others</p>
Why does this knowledge matter?	<p>Food preparation and nutrition focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this subject focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition. Food preparation skills are integrated into five core topics: food, nutrition and health, food science, food safety, food choice and food provenance. In year 10 we cover all five topics.</p>	
Why do we teach in this sequence?	<p>Our GCSE Food Preparation and Nutrition specification sets out the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The focus in Year 10 Block A is on learning the theoretical elements that will guide students with preparing and cooking meals in Year 11. That said, there is still some practical elements that are covered to help make connections between theory and practice. In particular, students will focus on cooking on similar dishes with different ingredients to evaluate its nutritional value. Again, the focus in Year 10 Block B is on learning the theoretical elements that will guide students with preparing and cooking meals. There is still some practical elements that are covered to help make connections between theory and practice. In particular, students will focus on cooking a series of pies, evaluating the different ingredients and their nutritional value.</p>	
What career links are made?	<p>Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full time career in the catering or food industries. Popular careers for people with food preparation and nutrition qualifications include: chef, food scientist, dietitian, nutritionist, restaurant manager, food technologist, nutritional therapist. References are made to working contemporary famous chefs and TV presenters. and cooking shows like master chef, Great British Bake Off etc.</p>	

Food Preparation and Nutrition – Year 11

	Year 11 – Block A	Year 11 – Block B
What do we teach?	Specification: AQA Food Preparation and Nutrition (8585)	
	<p>At the start of Year 11, students complete their assigned food investigation task. This tests student knowledge and understanding of the science of the preparation and cooking of food.</p> <p>Students will complete: Task 1: Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation. Task 2: Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included</p>	<p>In Year 11 Block B, students complete their second assigned food investigation task.</p> <p>Students will complete: Task 1: Food investigation (30 marks) Students' understanding of the working characteristics, functional and chemical properties of ingredients. Task 2: Food preparation assessment (70 marks) Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.</p>
How does this meet the National curriculum?	<p>Students are involved in the preparation of menus and/or reviewing how preparation and presentation methods affect nutritional values. Food on a menu needs to meet the nutritional needs of the customer and be prepared, cooked and served in a certain way to ensure customer appeal and standards are maintained in any establishment; thus food safety and meeting nutritional needs (introduced in both KS3 and Year 10) must be the focus of all planning and activities.</p>	<p>In this unit students gain knowledge of the nutritional needs of a range of client groups in order for you to plan nutritional dishes to go on a menu. Students will learn and develop safe and hygienic food preparation, cooking and finishing skills required to produce nutritional dishes.</p>
Why does this knowledge matter?	<p>Food Preparation and Nutrition focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this subject focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition. Food preparation skills are integrated into five core topics: food, nutrition and health, food science, food safety, food choice and food provenance. All of these areas are covered in each block of teaching in Year 11.</p>	
Why do we teach in this sequence?	<p>Our GCSE Food Preparation and Nutrition specification sets out the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The focus in Year 10 was on learning the theoretical elements that will guide students with preparing and cooking meals. In Year 11 the focus is on application of this knowledge to the assigned food investigations. Having learnt the key skills in isolation, and theoretical elements linked to this, students apply knowledge to their two extended assignment tasks.</p>	
What career links are made?	<p>Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full time career in the catering or food industries. Popular careers for people with food preparation and nutrition qualifications include: chef, food scientist, dietitian, nutritionist, restaurant manager, food technologist, nutritional therapist. References are made to working contemporary famous chefs and TV presenters. and cooking shows like master chef, Great British Bake Off etc.</p>	