



Curriculum Overview 2019-20: Food Preparation and Nutrition: EQUAS GCSE

Year Group	Autumn Term	Spring Term	Summer Term	Useful information / websites
Year 9 Food preparation and nutrition	Introduction to the Eat well plate and the functions of ingredients linked to the different dietary needs. Alongside the theory; pupils cook on a fortnightly basis linked to the eat well plate and nutrition.	Focus on technical skills and how to develop recipes. Pupils learn to become skilful and understand the technical side of preparing food. •Pupils become independent and learn how to multi-task.	<ul style="list-style-type: none"> •Embedding the technical and theory in practical lessons. •Pupils learn how to plan to make multiple products through dovetailing. 	https://natural-alternative-therapies.com https://www.bbcgoodfood.com https://www.bbc.co.uk https://www.food.gov.uk
Year 10 Food preparation and nutrition	Practise NEA 1 – Investigation into various ingredients and producing samples to meet the assessment criteria.	Pupils practice NEA 2 in preparation for year 11. Pupils research, prepare and cook 2 dishes (and accompaniments if appropriate) that demonstrate their technical skills and meet the needs of their client.	Focus on technical skills and key functions in food preparation and nutrition. Pupils are taught theory alongside practical work.	https://natural-alternative-therapies.com https://www.bbcgoodfood.com https://www.bbc.co.uk https://www.food.gov.uk
Year 11	NEA 1 is released on 2 September.	The exam is 50% of the course therefore revision	Exam techniques, questions walking/talking mocks and	https://natural-alternative-therapies.com



Food preparation and nutrition

Pupils have 12 hours to produce this project with research and testing their chosen task.

Work is presented on Word documents and has a limit of 1500 words.

NEA 2 is released on 1 November.

Pupils have 15 hours to research, prepare and cook 3 dishes (and accompaniments if appropriate) that demonstrate their technical skills and meet the needs of their client.

Work is presented in PowerPoint and sent to external examiners for marking.

Both projects accumulate to 100 marks which is 50% of the course.

begins in February covering all topics for this subject.

PowerPoints and additional help are available on firefly.

final preparation for summer exam.

<https://www.bbcgoodfood.com>

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