



Curriculum Overview 2021-22: Food Preparation and Nutrition: EQUAS GCSE

Year Group	Autumn Term	Spring Term	Summer Term	Useful Information/ Websites
Year 9 Food Preparation and Nutrition	<p>Nutrients – to cover macronutrients and micronutrients, fibre, and water.</p> <p>The development of culinary skills, to include protein dishes, carbohydrate dishes, fats, vitamins, and minerals.</p> <p>Nutritional needs and health of individuals.</p> <p>Culinary skills to meet the needs of specific individual needs.</p>	<p>Factors that influence food choices.</p> <p>Food choice according to religious, culture, ethical belief, medical reasons, or personal choices.</p> <p>Informed choices about food, to achieve a varied and balanced diet.</p>	<p>How sensory perception guides the choices that people make and how taste receptors and olfactory systems work.</p> <p>Sensory qualities of a range of food and combinations, and how to set up taste panels for preference testing.</p> <p>Function of ingredients - to include cakes, sauces, and pastries.</p> <p>Culinary skills to enhance a thorough understanding of the function of ingredient in the above products</p>	<p>https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/3</p> <p>https://www.bbc.co.uk/bitesize/guides/znqghv/revision/2</p> <p>https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1</p> <p>https://www.youtube.com/watch?v=bowUbkANVVY</p>



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<p>Year 10 Food preparation and nutrition</p>	<p>Food commodities Covering the values of different commodities in the diet</p> <p>The features and characteristics of each commodity.</p> <p>The working characteristic of each commodity.</p> <p>The origins of each commodity.</p> <p>Culinary skills will be embedded throughout</p>	<p>Diet and Good Health Energy requirement of individuals.</p> <p>Plan balanced diets.</p> <p>Calculate energy and nutritional values of recipes.</p> <p>Science of Food The effects of cooking on food and food spoilage.</p>	<p>Food provenance Where food comes from, the meaning of food miles.</p> <p>Packaging and the impact of the environment.</p> <p>Sustainability</p> <p>Food manufacturing Cultural and British cuisine</p> <p>Primary and secondary processing production</p> <p>NEA 1 Practice – Food investigation into various ingredients and producing samples to meet the assessment criteria.</p>	<p>https://www.bbc.co.uk/bitesize/guides/zk92msg/revision/1</p> <p>https://www.bbc.co.uk/bitesize/topics/zfmpb9q/articles/z3tcydm</p> <p>https://www.youtube.com/watch?v=HIEpCHvjudc</p> <p>https://www.youtube.com/watch?v=RkDBKb0nokM</p>
<p>Year 11</p>	<p>NEA 1 is released on 2 September.</p>	<p>The exam is 50% of the course therefore revision</p>	<p>Exam techniques, questions walking/talking mocks and</p>	<p>https://www.bbcgoodfood.com</p>

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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.food.gov.uk>

<https://www.whsmith.co.uk/products/wjec-eduqas-gcse-food-preparation-and-nutrition/helen-buckland/jacqui-keepin/paperback/9781471867507.html>

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