Subject Area: GCSE EDUQAS Food Preparation & Nutrition Years 10 & 11

TOPIC	AREAS COVERED	SPECIFIC	TIMESCALE
Food preparation skills	General practical skills Knife skills	Weigh, measure, cooking time, testing for readiness. Preparation of a range of foods such as meat (tenderising, marinating), vegetables, fish, fruit. Choosing the correct cooking methods, sauce making. Preparing, combining and shaping ingredients. Working with different doughs such as pastry, bread and pasta.	Delivered throughout year 10
Food nutrition and health	This section requires students to demonstrate their knowledge and understanding of the following subject content: Proteins, Fats. Carbohydrates, vitamins, minerals, water. Making informed choices for a varied and balanced diet, Energy needs, How to carry out nutritional analysis, Diet, nutrition and health, Technological developments associated with better health	To know and understand: ● The functions ● Main sources ● Effects of deficiency and excess ● Related dietary reference value ● How preparation and cooking affects the nutritional properties of food ● To know and understand the role of antioxidants in protecting body cells from damage and reducing the risk of cancer and heart disease. ● The importance of hydration and the functions of water in the diet. ● The current guidelines for a healthy diet ● Portion size and costing when meal planning ● How peoples' nutritional needs change and how to plan a balanced diet for different life stages ● The basal metabolic rate (BMR) and physical activity level (PAL ● The recommended percentage of energy intake provided by protein, fat and carbohydrates ● To know and understand how to plan and modify recipes, meals and diets to reflect the nutritional guidelines for a healthy diet. ● the relationship between diet, nutrition and health ● The major diet related health risks. ● To know and understand nutritional modification and the fortification of food.	Delivered throughout year 10
Food science	Cooking of food and heat transfer, Selecting appropriate cooking methods, Functional and chemical properties of food	To know and understand: ● The reasons why food is cooked ● The different methods of heat transfer ● To know and understand selection of appropriate preparation, cooking methods and times to achieve desired characteristics. ● Protein denaturation and coagulation, Gluten formation, Gelatinisation, Dextrinisation, Caramelisation, Shortening, Aeration, Plasticity, Emulsification.	Delivered throughout year 10

		● To know and understand the working characteristics, functional and chemical properties of raising agents	
Food safety	This section requires students to demonstrate their knowledge and understanding of the following subject content: Food spoilage and contamination, Microorganisms in food production, Bacterial contamination, Principles of food safety, Buying and storing food, Preparing and cooking food	Students will be taught about: ● The growth conditions for microorganisms and enzymes and the control of food spoilage ● Bacteria, yeasts and moulds are microorganisms ● Enzymes are biological catalysts usually made from protein, enzymic action, mould growth, yeast action. ● To know and understand the use of microorganisms in food production. ● The different sources of bacterial contamination • the main types of bacteria which cause food poisoning • the main sources and methods of control of different food poisoning bacteria types • the general symptoms of food poisoning ● To know and understand the food safety principles when buying and storing food. ● To know and understand the food safety principles when preparing and cooking food.	Delivered throughout year 10
Food choice	This section requires students to demonstrate their knowledge and understanding of the following subject content: Factors which food choice, Food choices, British and international cuisines, Sensory evaluation, Food labelling and marketing	Students will be taught to know and understand factors which may influence food choice, related to religion, culture, ethical and medical conditions. Food products from British tradition and two different cuisines. • Sensory testing methods • how taste receptors and olfactory systems work when tasting food. The meaning of current food labelling • current nutritional labelling information • how food marketing can influence food choice.	Delivered throughout year 10
Food provenance	This section requires students to demonstrate their knowledge and understanding of the following subject content: Environmental impact and sustainability of food, Food provenance and production methods, Sustainability of food, Food	To know and understand the environmental issues associated with food. Understand where and how ingredients are grown, reared and caught. The impact of food and food security on local and global markets and communities. The primary and secondary stages of processing in the production of two familiar foods. How processing affects the sensory and nutritional properties of ingredients.	Delivered throughout year 10

	production, Food processing		
Food preparation and cooking techniques		Consider the influence of lifestyle and consumer choice when developing meals and recipes • consider the nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods, and portion sizes • develop the ability to review and make improvements to recipes by amending them to include the most appropriate ingredients, process, cooking methods, and portion sizes • manage the time and cost of recipes effectively • use their testing and sensory evaluation skills, adjusting where needed, to improve the recipe during the preparation and cooking process • explain, justify and present their ideas about their chosen recipes and cooking methods to others • make decisions about which are appropriate based on their understanding of nutrition, food, different culinary traditions and cooking and food preparation content in order to achieve their intended outcome. They should be able to carry out these techniques safely and combine them into appealing meals whilst evaluating the results.	Delivered throughout year 10
Assessment for this course		***Two assignments**. (50% of the GCSE)* *Both assignments will take place in year 11, students will be given two or three briefs to choose from that the exam board will set at the beginning of September in the final year of the course.* *The first one is approximately 15 hours and the second assignment approximately 20 hours with a final exam in the summer of Year 11.* *Task 1: Food investigation Students' understanding of the working characteristics, functional and chemical properties of ingredients. Practical investigations are a compulsory element of this task.* *Task 2: Food preparation assessment 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* ***Exam** at the end of the course – written – 1 hour and 45 minutes (50% of the GCSE)*	Year 11 Autumn and spring term Spring term