GRACE COLLEGE Curriculum Outline Year 10 GCSE Food Preparation and Nutrition

Year 10 Curriculum intent

- Provide students with the opportunity to develop a broad knowledge and understanding of Food Preparation and Nutrition. Students will be able to develop the skills required to cook and apply the principles of food science, nutrition and healthy eating.
- Deliver content through preparation and making activities, ensuring students can make the connections between theory and practice to apply their knowledge and understanding of food and nutrition to practical preparation.

Year 10 Curriculum Overview

Autumn Term	Spring Term	Summer Term	
Protein	Fats	Carbohydrates	Vitamins and Minerals
Key Question			
• Why are proteins needed by the body and which foods are they found in? • Why is food cooked and how can I select an appropriate cooking method? • How does coagulation, denaturation, foam formation and gluten formation occur and how does it affect the sensory properties of a food product? • Where and how is food grown, reared and caught?	• Why are fats needed by the body and which foods are they found in? • How does plasticity, shortening, aeration and emulsification affect the sensory properties of the food we consume and how do they occur? • What are the current government guidelines for ensuring a healthy and well-balanced diet? • How can micro-organisms be used in food production?	• Why are carbohydrates needed by the body and which foods are they found in? • How does gelatinisation, dextrinisation and caramelisation affect the sensory properties of a food product and which factors affect these? • What is genetically modified food? What are its advantages and disadvantages? • How does a person's Physical Activity Level (PAL) affect their dietary requirements?	• What are the functions and sources of vitamins and minerals? • What are the symptoms of a deficiency or excess of vitamins and minerals? • What are the fat- and water-soluble vitamins and how does this affect the food we consume. • How can we prevent vitamins and minerals being lost when buying, storing, preparing and cooking food?
Key Vocabulary			
Protein, High/Low Biological Value, Conduction, Convection, Radiation, Coagulation, Denaturation, Foam, Gluten, Grown, Caught, Reared, Free-range, Organic, Intensive, Food Security	Fats, Oils, Saturated, Unsaturated, Shortening, Aeration, Plasticity, Emulsification, Eatwell Guide, Balanced Diet, Coronary Heart Disease, Microorganisms, Pathogens	Carbohydrates, Sugars, Starches, Gelatinisation, Dextrinisation, Caramelisation, Genetic Modification, Vitamin, Mineral, Source, Function, Deficiency, Excess, Fat/Water-Soluble	

GRACE COLLEGE
CORE KNOWLEDGE

Year 10 GCSE Food Preparation and Nutrition

	The knowledge you will need to recall:	How you will apply this knowledge:	This links to:
Autumn Term	• Know and understand how a protein is used by the body. • Identify which foods contain high biological value and low biological value protein. • Identify which protein foods can be eaten by individuals with different dietary requirements. • Analyse why food is cooked, including sensory and hygiene reasons. • Describe how conduction, convection and radiation works alongside the sensory changes it has on food. • Understand Food Science relating to protein, including coagulation, denaturation, foam formation and gluten formation. • Identify which foods these processes occur in and what factors cause these changes to happen. • Examine where and how food is reared or caught; free-range compared with intensively farmed animals.	• Students will answer exam-style questions that cover the information they have learnt. • Students will make relevant recipes to demonstrate and consolidate knowledge. • Students will complete an expert and powerful knowledge quiz. • Weekly homework tasks based on key knowledge.	Food safety in preparation and cooking of food (KS3) Denaturation and coagulation (Year 9) Conduction, convection and radiation (Year 7) Gluten formation (Year 8)
Spring Term	• Know and understand why fat is necessary in the diet and its main function. • Categorise a wide range of fats depending on their source, physical state and whether they are saturated. • Understand Food Science related to shortening, aeration, plasticity and emulsification. • Investigate factors that can affect these properties (NEA1 mini investigation) • Examine the Eatwell Guide and decipher how it can be used to ensure our diet is in line with current government guidelines. • Consider the symptoms and causes of Coronary Heart Disease and link to intake of saturated fats. • Explain which lifestyle factors and foods contribute to development f Coronary Heart Disease and advise how a person with this condition should modify their diet and lifestyle to prevent further complications.	• Students will answer exam-style questions that cover the information they have learnt. • Students will make relevant recipes to demonstrate and consolidate knowledge. • Students will complete an expert and powerful knowledge quiz. • Weekly homework tasks based on key knowledge.	Healthy diets (Year 8)
Summer Term	• Know and understand the functions of carbohydrates in the diet. • Categorise carbohydrates into monosaccharides, disaccharides, and polysaccharides. • Understand what is meant by PAL and how it can vary through different life stages.	• Students will answer exam-style questions that cover the information they have learnt. • Students will make relevant recipes to demonstrate and consolidate knowledge. • Students will complete an expert and powerful knowledge quiz. • Weekly homework tasks based on key knowledge.	
	• Know and understand the functions and sources of vitamins and minerals in the diet. • Understand the symptoms and causes of diet-related health conditions: iron deficiency anaemia, bone osteoporosis and rickets.		Vitamins and Minerals (Year 8)

GRACE COLLEGE Curriculum Outline Year 11 GCSE Food Preparation and Nutrition

Year 11 Curriculum intent
• Provide students with the opportunity to develop a broad knowledge and understanding of Food Preparation and Nutrition. Students will be able to develop the skills required to cook and apply the principles of food science, nutrition and healthy eating. • Deliver content through preparation and making activities, ensuring students can make the connections between theory and practice to apply their knowledge and understanding of food and nutrition to practical preparation.

Year 10 Curriculum Overview					
Half Term 1	Half Term 2	Half Term 3	Half Term 4		
NEA	NEA	NEA	Revision		

Key Question			
Students will be completing a Food Investigation Task and Food Preparation Task with limited guidance. How can I demonstrate a wide range of technical skills?	How do I apply my knowledge into answering an exam question?		

Key Vocabulary				
Investigate Hypothesis Fait Test Analyse Evaluate Chemical Functional	Research Technical Skills Life Stage Dietary Requirement Cuisine Safety Nutrition Provenance	State Identify Define Describe Explain Discuss Evaluate		

GRACE COLLEGE
CORE KNOWLEDGE

Year 11 GCSE Food Preparation and Nutrition

	The knowledge you will need to recall:	How you will apply this knowledge:	This links to:
1	Students will apply their previously gained knowledge and understanding, predominately from Year 10, to respond to one of three investigation tasks set by AQA.	The tasks will give students the opportunity to investigate the chemical and functional properties of an ingredients and produce a 1500–2000-word report.	Food Science (Year 10)
2	Students will apply their previously gained knowledge and understanding to respond to one of three tasks set by AQA.	The tasks will give students the opportunity to research a particular life stage, dietary requirement or cuisine and produce four dishes to demonstrate their technical skills. This will be followed by a three-hour practical assessment.	Food Nutrition and Health, Food Science, Food Safety, Food Choice and Food Provenance (Year 10)
3			
4	Students will review and revisit topics from Year 10 and Year 11 to revise in preparation for their 1 hour 45 minute GCSE Food Preparation and Nutrition written examination.	Students will cover all of the specification, focusing on examination technique when writing long written answers as well as strategies for responding to multiple choice questions.	All of the GCSE Food Preparation and Nutrition specification.