

Curriculum Overview

Subject: Food Preparation & Nutrition

Year Group: 10



Students are working in line with the AQA GCSE Design Technology specification. The topics taught over the year are: 1. Food, nutrition and health 2. Food science 3. Food safety 4. Food choice 5. Food provenance. The range of food and ingredients studied reflect the recommended guidelines for a healthy diet based on the main food commodity groups. Food groups include: • bread, cereals, flour, oats, rice, potatoes and pasta • fruit and vegetables (fresh, frozen, dried, canned and juiced) • milk, cheese and yoghurt • meat, fish, eggs, soya, tofu, beans, nuts and seeds • butter, oil, margarine, sugar and syrup.

Students will work on their NEA using the given topics supplied by AQA.

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Proteins, Fats, Carbohydrates, Macronutrients, Micronutrients, Portioning, Spiced carrot and lentil soup, Sweet and sour pork with white rice, Antioxidants, Chicken Caesar salad, Minerals, Water, Tagliatelle, Dietary guidelines, Life stages, dietary needs, pasta making, Choux pastry, Heat transfer, Chicken Yakatori, Cooking methods, Beef Shakshuka, Coagulation, Gluten investigation, Gelatinisation, Foams, Fats and oils, Raising agents, chocolate orange cup-cakes.	KNOWLEDGE/SKILLS Food spoilage, Naan bread, bacterial contamination, Buying and storing food, Filleting fish, Baked piri piri sea bass, Food choice, Religion, Allergies, Labelling, Tiramisu, Homemade meal, Food provenance, Food miles, Puff pastry, Food sustainability, Homemade jam, Technological developments.	KNOWLEDGE/SKILLS Nutrition and health, Food science, Food safety, Food provenance, NEA 1 Mock investigation, Meringue / shortcrust.
KEY ASSESSMENTS Half term 1: Topic related test Half term 2: Topic related test	KEY ASSESSMENTS Half term 1: Topic related test Half term 2: Topic related test	KEY ASSESSMENTS Half term 1: Mock exam Half term 2: NEA 1 Mock
Extended reading suggestions and external resources: Jenny Ridgewell BBC Good food guide BBC bitesize Master chef		