

Academic Learning plan 2023-2024

GCSE Food Preparation and Nutrition

AQA

Year 10

Intent: This GCSE Food Preparation and Nutrition course is a course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition. Food preparation skills are integrated into five core topics:

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance.

Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full-time career in the catering or food industries.

Year 10	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Unit	<p style="text-align: center;"><u>Nutrients</u></p> <p>1 Protein</p> <p>2 Fats</p> <p>3 Carbohydrates</p> <p>4 Vitamins</p> <p>5 Minerals</p> <p>6. Water/Hydration/Nutritional needs and health</p> <p>1.2.1 Making informed food choices for a varied and balanced diet</p>	<p style="text-align: center;"><u>Nutritional needs and health</u></p> <p>1.2.1 Making informed food choices for a varied and balanced diet</p> <p>1.2.2 Energy needs</p> <p>1.2.3 How to carry out a nutritional analysis</p> <p>1.2.4 Diet, nutrition and health</p> <p style="text-align: center;"><u>Cooking of food and heat transfer</u></p> <p>2.1.1 Why food is cooked and how heat is transferred to food</p>	<p style="text-align: center;"><u>Cooking of food and heat transfer</u> (continued)</p> <p>2.1.2 Selecting appropriate cooking methods</p> <p style="text-align: center;"><u>Functional and chemical properties of food</u></p> <p>2.2.1 Proteins</p> <p>2.2.2 Carbohydrates</p> <p>2.2.3 Fats and oils</p>	<p style="text-align: center;"><u>Functional and chemical properties of food</u> (continued)</p> <p>2.2.4 Raising agents</p> <p style="text-align: center;"><u>Food spoilage and contamination</u></p> <p>3.1.1 Micro-organisms and enzymes</p> <p>3.1.2 The signs of food spoilage</p> <p>3.1.3 Micro-organisms in food production</p> <p>3.1.4 Bacterial contamination</p>	<p style="text-align: center;"><u>Principles of food safety</u></p> <p>3.2.1 Buying and storing food</p> <p>3.2.2 Preparing, cooking and serving food</p> <p style="text-align: center;"><u>Factors that affect food choice</u></p> <p>4.1.1 Factors that influence food choice</p> <p>4.1.2 Food choices</p> <p>4.1.3 Food labelling and marketing influences</p>	<p style="text-align: center;"><u>British and international cuisine</u></p> <p>4.2.1 Traditional cuisines</p> <p style="text-align: center;"><u>Food Provenance</u></p> <p>5.1.1 Food sources</p> <p>5.1.2 Food and environment</p>
Content	<p style="text-align: center;"><u>Unit 1</u> <u>Nutrients</u></p>	<p style="text-align: center;"><u>Unit 2 (contd.)</u></p>	<p style="text-align: center;"><u>Unit 3 contd.</u> <u>2.1.2 Selecting appropriate cooking methods</u> (2 lesson)</p>	<p style="text-align: center;"><u>Unit 4 contd.</u> <u>2.2.4 Raising agents:</u> Air (1 lesson)</p>	<p style="text-align: center;"><u>Unit 6 Principles of Food safety</u> <u>3.2.1 Buying and storing food</u> (2 lessons)</p>	<p style="text-align: center;"><u>Unit 8 British and international cuisine</u> <u>4.2.1 Traditional British cuisine</u> (1 lesson)</p>

	<p>1.1.1 Protein (3 lessons) Function, sources, protein complementation, effects of deficiency/excess. Amount needed at different lifestages. Practical: dish using a good source of protein: stuffed chicken breasts/vegan burger</p> <p>1.1.2 Fats (3 lessons) Function, sources, effects of excess, deficiency. Recommended amounts at different lifestages Practical: Dish using (shortcrust pastry – roasted vegetable tart/vegetable pasties</p> <p>1.1.3 Carbohydrates (3 lessons) Function, sources, effects of deficiency and excess. Recommended amounts needed for each day Practical: Dish made using high fibre/reduced sugar</p> <p>1.1.4 Vitamins (water and fat soluble)(2 lessons) Functions, sources, effects of deficiency and excess. Effect of heat/cooking on water soluble vitamins. Amount needed by different life stages.</p> <p>1.1.5 Minerals (3 lessons) Functions, sources, effects of deficiency/excess. Practical – a dish high in calcium and or iron</p> <p>1.1.6 Hydration (1 lesson) Functions, sources, ,effects of excess/deficiency.</p>	<p>1.2.1 Meal planning – portion size and cost (1 lesson) 1.2.1 Planning balanced meals for different life stages: Children and teenagers (1 lesson) Practical: Dish suitable for children/teenagers (fishcakes/Jambalaya) (1 lesson)</p> <p>1.2.1 Planning meals for different life stages – adults and adults (1 lesson) Practical: Dish suitable for adults/elderly – Chicken with lemon and thyme (chicken portioning)/Cottage pie (1 lesson)</p> <p>1.2.1 Different dietary groups (2 lessons) Vegetarians, vegans, coeliacs, Lactose intolerance, high fibre, low sugar/fat/sodium diets</p> <p>1.2.2 Energy needs and energy balance (1 lesson)</p> <p>1.2.3 How to carry out nutritional analysis (2 lessons) Practical investigation – linked to modifying recipes to reflect nutritional guidelines for a healthy diet – reducing sugar in cakes (1 lesson)</p> <p>1.2.4Diet, nutrition and health (1 lesson) Unit 3 Cooking of food and heat transfer</p> <p>2.1.1 Why food is cooked and how heat is transferred</p>	<p>Practical – dish to show different cooking methods – lasagne (with own pasta) (1 lesson) Unit 4 Functional and chemical properties of food</p> <p>2.2.1 Protein: Denaturation and coagulation (1 lesson) Practical linked to denaturation and coagulation of protein: chilled lemon flan (1 lesson)</p> <p>2.2.1 Protein: gluten formation (1 lesson) Practical linked to gluten formation: bread rolls (1 lesson)</p> <p>2.2.1 Protein: foams (1 lesson)</p> <p>2.2.2 Carbohydrates: Gelatinisation (1 lesson) Practical linked to gelatinisation and foams: Lemon meringue pie (1 lesson)</p> <p>2.2.2 Carbohydrates: Dextrinisation and caramelisation (1 lesson)</p> <p>2.2.3 Fats: Plasticity and shortening (1 lesson) Practical linked to plasticity: decorated cupcakes (1 lesson)</p> <p>2.2.3 Fats: Aeration and emulsification (1 lesson) What happens when fats and oils are heated? Practical investigation into appropriate fats used for making cakes (1 lesson)</p>	<p>Practical to show air as a raising agent: sausage rolls/jalousie using rough puff pastry (1 lesson)</p> <p>2.2.4 Raising agents: Carbon dioxide (chemical) (1 lesson) to include a practical investigation of the use of chemical raising agents in cakes (1 lesson)</p> <p>2.2.4 Raising agents: Carbon dioxide (biological) (1 lesson) Practical using yeast as a raising agent: Chelsea buns(1 lesson)</p> <p>2.2.4 Raising agents: Steam to include group investigation on making choux pastry (1 lesson)</p> <p>Unit 5 Food spoilage and contamination</p> <p>3.1.1 Micro-organisms and enzymes (1 lesson)</p> <p>3.1.2 Signs of food spoilage: enzymes including a class investigation on enzymic browning (1 lesson)</p> <p>3.1.2 Signs of food spoilage: moulds and yeasts (1 lesson)</p> <p>3.1.3 Micro-organisms in food production: Bread and cheese (1 lesson) Practical including bread/cheese: Calzone Yoghurt (1 lesson)</p> <p>3.1.4 Bacterial contamination Food poisoning (1 lesson) Bacterial contamination (how food becomes contaminated) 1 lesson</p>	<p>3.2.2 Preparing, cooking and serving food (1 lesson) Principles of food safety – application in time plans Practical : using time plan to apply food safety principles to make a dish using high risk ingredients.</p> <p>Unit 7 Factors affecting food choice</p> <p>4.1.1 Factors that may influence what we choose to eat (1 lesson)</p> <p>4.1.1 Factors that influence food choice: costing (1 lesson) Practical linked to costing a recipe (1 lesson)</p> <p>4.1.1 Factors that influence food choice (1 lesson) Enjoyment and preference Food availability Healthy eating Lifestyle Seasonality Time of day Time available</p> <p>4.1.2 Food choices and religion (1 lesson)</p> <p>4.1.2 Factors that affect food choice: religion extended answer practice (1 lesson)</p> <p>4.1.2 Ethical and moral reasons for making food (1 lesson)</p> <p>4.1.2 Medical reasons for making food choices (1 lesson)</p> <p>4.1.3 Food labelling and marketing influences</p>	<p>Planning British cuisine practical (1 lesson) Practical : British cuisine (1 lesson)</p> <p>4.2.1 International cuisine (1 lesson) Practical: International cuisine (1 lesson)</p> <p>Unit 10 Environmental impact and sustainability</p> <p>5.1.1 Food sources – crop production and organic food (1 lesson)</p> <p>5.1.1 Food sources – Livestock production (1 lesson)</p> <p>5.1.1 Food sources – gathering and catching food, seasonal food (1 lesson) Practical –a dish including seasonal ingredients. (1 lesson)</p> <p>5.1.1 Food sources – genetically modified food (1 lesson)</p> <p>5.1.2 Food and the environment (3 lessons) Year 10 exam</p>
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	Unit 2 Nutritional needs and health 1.2.1 Making informed food choices for a varied and balanced diet: Dietary guidelines (1 lesson) Practical – A dish reflecting the Eatwell Guide : roasted vegetable and pasta medley	Reasons why food is cooked (1 lesson) Different methods of transferring heat to food. (2 lessons) Practical – dish to demonstrate different methods of heat transfer – chocolate log with ganache icing			Why food labels are used and how they influence food choice What the law says about labelling (2 lessons) How to interpret nutrition information on a food label (1 lesson) How food marketing influences food choice (1 lesson)	
Literacy	Key words and definitions in exercise books	Key words and definitions in exercise books	Key words and definitions in exercise books	Key words and definitions in exercise books	Key words and definitions in exercise books	Key words and definitions in exercise books
Knowledge organisers	Laminated knowledge organisers available for lessons. Paper copies in exercise books and copies available on Teams for online reference.	Laminated knowledge organisers available for lessons. Paper copies in exercise books and copies available on Teams for online reference.	Laminated knowledge organisers available for lessons. Paper copies in exercise books and copies available on Teams for online reference.	Laminated knowledge organisers available for lessons. Paper copies in exercise books and copies available on Teams for online reference.	Laminated knowledge organisers available for lessons. Paper copies in exercise books and copies available on Teams for online reference.	Laminated knowledge organisers available for lessons. Paper copies in exercise books and copies available on Teams for online reference.
Assessment	Unit 1 assessment	Unit 2 assessment	Unit 3 assessment	Unit 4 assessment Unit 5 assessment	Unit 6 assessment Unit 7 assessment	Unit 8 assessment Unit 10 assessment End of Year assessment
GCSE AO link	A01: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation A02: Apply knowledge and understanding of nutrition, food, cooking and preparation A03: Plan, prepare, cook and present dishes, combining appropriate techniques A04 Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.	A01: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation A02: Apply knowledge and understanding of nutrition, food, cooking and preparation A03: Plan, prepare, cook and present dishes, combining appropriate techniques A04 Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.	A01: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation A02: Apply knowledge and understanding of nutrition, food, cooking and preparation A03: Plan, prepare, cook and present dishes, combining appropriate techniques A04 Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.	A01: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation A02: Apply knowledge and understanding of nutrition, food, cooking and preparation A03: Plan, prepare, cook and present dishes, combining appropriate techniques A04 Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.	A01: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation A02: Apply knowledge and understanding of nutrition, food, cooking and preparation A03: Plan, prepare, cook and present dishes, combining appropriate techniques A04 Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.	A01: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation A02: Apply knowledge and understanding of nutrition, food, cooking and preparation A03: Plan, prepare, cook and present dishes, combining appropriate techniques A04 Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.

Homework	Set once a week	Set once a week	Set once a week	Set once a week	Set once a week	Set once a week
CEIAG	Nutritionist	Dietician, Food product developer	Food scientist	Baker, Food microbiologist	Chef, Farmer	Food writer, Farmer.
Enrichment	Charity linked/House baking competitions	Rotary Young chef Christmas related practical	Rotary Young chef	Easter related practical	Charity linked/House baking competitions	Practical activities linked to activities week.