



KS4 Curriculum Content

Food Preparation and Nutrition

Year 10	Half Term 1 September - October	Half Term 2 October - December	Half Term 3 January - February
	<p>Topic: Food Nutrition and Health</p> <p>Knowledge: Knowledge of nutrients (macronutrients, micronutrients, fibre and water), their sources and why they are needed by the body, Energy needs, Diet, nutrition and Health.</p> <p>Skills: Knife skills, Prepare fruits and vegetables, Prepare combine and shape meat, fish and alternatives, Tenderise and marinate, Weigh and measure, Preparation of ingredients and equipment, Dry heat and fat-base methods that use the hob. How to answer exam style questions e.g. 12 mark questions.</p> <p>Assessment: End of topic test – practice exam questions.</p>	<p>Topic: Food Science, and Food choice</p> <p>Knowledge: Why food is cooked and how heat is transferred to food, Selecting appropriate cooking methods, Factors that influence food choice, Food choices relating to religion and culture, Food choices relating to ethical and moral beliefs, Food choices relating to food intolerances and allergies, Food labelling and marketing influences, Labelling laws.</p> <p>Skills: Make a dough Shaping and finishing a dough Test for doneness, Use of raising agents Using the oven, Select and adjust cooking process, sauce making (emulsions)</p> <p>Assessment: AP1 1hour 45 minutes written assessment.</p>	<p>Topic: Food Science</p> <p>Knowledge: Functional and chemical properties of proteins, carbohydrates, fats, oils, raising agents</p> <p>Skills: Use of raising agents, making and shaping a dough (choux/puff/short-crust pastry)</p> <p>Assessment: AP2 Practice Exam paper 2 hours</p>
Vocabulary Links	Amino acids, Essential amino acids, Biological value, Protein complementation, Fat, Oils, Fatty acids, Triglyceride, Monounsaturated / Saturated fatty acid, Visible/Invisible fats, Photosynthesis, Sugars, Monosaccharide, Disaccharide, Polysaccharides (complex carbohydrates), fat/water soluble, Antioxidant	Lifestyle, Seasonality, Food miles, Food intolerance, Food allergy, Target group, Nutritional profile, Marketing, Conduction, Convection, Radiation, Packaging, Balanced diet, Cost, Availability, Individual needs	Chemical bonds, Denaturation, Coagulation, Gluten, Foams, Gelatinisation, Dextrinisation, Caramelisation, Plasticity, Shortening, Binding, Aeration, Emulsification, Yeast, Steam, Choux
AQA Assessment Objectives	A01, A02, A04	A01, A02, A04	A01, A02, A04

Year 10	Half Term 4 February – March	Half Term 5 April - May	Half Term 6 June - July
	<p>Topic: Practice NEA 1 (Food investigation Task), Revisit Food choice and Food Safety</p> <p>Knowledge: How to conduct a food investigation in preparation of year 11 NEA1, Functions of ingredients in bread, the role of gluten and gluten formation.</p> <p>Skills: Making a dough, shaping and finishing, decorative techniques (e.g. glaze), biological raising agents,</p> <p>Assessment: Practice NEA1 written assignment.</p>	<p>Topics: Food Provenance: Environmental Impact and sustainability, Processing and production</p> <p>Knowledge: Food sources, Food and the environment, Sustainability of Food, Food production (primary and secondary processing), Technological developments associated with better health and food production</p> <p>Skills: How to answer high mark questions – extended writing tasks.</p> <p>Assessment: End of topic test – written assessment / practice questions.</p>	<p>Topic: Practice NEA2 and Sensory evaluation</p> <p>Knowledge: High level/complex skills, How to carry out the food preparation task (NEA2) including how to carry out research, how to write a time-plan (dove-tail), analyse and evaluate products.</p> <p>Skills: Complex skills: filleting a fish, jointing a chicken, Layered desserts, Bread shaping and making, Making and filling fresh pasta, sauce making, Pastry (filled choux, shortcrust, rough puff), sauce making: starch based / reduction, prepare, combine and shape, cooking methods: water based / dry heat / fat based methods using the hob, judge and modify sensory properties, test for readiness, select and adjust cooking times.</p> <p>Assessment: 2 hour practical exam</p>
Vocabulary Links	Analyse, Hypothesis, Control, controlled conditions, Fair test, Evaluation, Conclusions	Food provenance, Pesticides, Grown ingredients, Reared ingredients, Gathered and caught ingredients, intensive and organic farming, climate change, greenhouse gases, Non-renewable, energy, Fossil fuels, Carbon footprint, Food security, Sustainability, Fairtrade, Nutritional modification, Fortification, Food additives,	Culinary tradition, Special Diet, Life stages, Research, Time plan, Dovetail
AQA Assessment Objectives	A02, A03, A04	A01, A02, A04	A02, A03, A04
Year 11	Half Term 1 September - October	Half Term 2 October - December	Half Term 3 January - February
	<p>Topic: NEA1 Food Investigation Task (Tasks released 1st September)</p> <p>Knowledge: How to conduct a food science investigation. Food science,</p>	<p>Topic: NEA2 Food Preparation Task (Tasks are released on 1st November)</p> <p>Knowledge: How to carry out relevant research, demonstrating technical skills. Revision for mock exam on all topics.</p>	<p>Topic: Section C and D of NEA2.</p> <p>Knowledge: Section C – planning for the three hour practical exam, time plan, Section D is the practical exam.</p>

	<p>specific knowledge depends on the task released by the AQA.</p> <p>Skills: Depends on task.</p> <p>Assessment: NEA1 written assignment.</p>	<p>Skills: Exact skills depend on chosen task. Complex skills including pastry, pasta making, bread making and shaping, jointing a chicken, filleting a fish.</p> <p>Assessment: Year 11 Mock Exam (1hour 45 minute written paper) Sections A and B of NEA2</p>	<p>Skills: Writing a time plan, dovetailing, complex skills in practical exam.</p> <p>Assessment: Three products in three hours GCSE Food Practical Exam</p>
Vocabulary Links	Research, Hypothesis, controlled conditions, Investigation, Fair test, Analysis, Evaluation, Conclusion	Culinary tradition, Special Diet, Life stages, Research, Time plan, Dovetail	Culinary tradition, Special Diet, Life stages, Research, Time plan, Dovetail
AQA Assessment Objectives	A02, A03, A04	A02, A03, A04	A02, A03, A04
Year 11	Half Term 4 February – March	Half Term 5 April - May	Half Term 6 June - July
	<p>Topic: NEA 2 Section E, Evaluation of the three dishes made in food practical exam. Revisit more difficult theory sections such as food science and micronutrients. How to answer high mark questions.</p> <p>Knowledge: Costing, Sensory analysis, Nutritional analysis, Food nutrition and health, food science, food safety, food choice and food provenance.</p> <p>Skills: How to answer long mark questions, how to revise, a variety of revision techniques.</p> <p>Assessment: NEA2 Written assignment.</p>	<p>Topic: Revision– revisit prioritised areas identified from marking mock exams. Revisit PEEL to answer long exam questions e.g. 12 mark questions.</p> <p>Knowledge: Food nutrition and health, food science, food safety, food choice and food provenance.</p> <p>Skills: How to answer long mark questions, how to revise, a variety of revision techniques.</p> <p>Assessment: Practice exam questions</p>	Final preparation for Exam
Vocabulary Links	Costing, Nutritional analysis, Evaluation, Sensory analysis, Star profiles	Analyse, Comment, Compare, Consider, Contrast, Define, Describe, Discuss Evaluate, Examine, Explain, Identify, Illustrate, Justify, Outline, State, Suggest, Summarise	
AQA Assessment Objectives	A01, A02, A03, A04	A01,A02, A04	

The exam and non-exam assessment (NEA) will measure how students have achieved the following assessment objectives.

- AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.
- AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.
- AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.
- AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.