

YEAR 10 FOOD AND NUTRITION LEARNING JOURNEY

10.5

Meat, poultry, fish, and eggs

During this section student will learn about:

Meat and poultry, cuts and types of meat production and eggs

Understand how fish can be sustainable and how to use heat transfer during practical lessons

10.6

Sugar, fats, and oils

Practical lessons

Students will learn: read a recipe, following a method, researching science & nutrition, facts & origins of ingredient (food provenance)

Time management, cooking timings, temperatures, weighing, measuring, portioning, fractions, decimals, ratios, percentages, reducing & scaling up recipes, estimating, predicting

10.5

Meat, poultry, fish, and eggs

10.6

Sugar, fats, and oils

During this section student will learn about:

Types and function of fats and oils, understand how sugars affect food and your diet and food accompaniments and food styling.

10.3

Cereals

During this section student will learn about:

Types of wheat, barley, oats, the function and the science of bread, pasta making and how rice is produced.

10.4

Beans, nuts and pulses

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Beans, nuts and pulses

During this section student will learn about:

Understanding what are beans, nuts and seeds, the difference between LBV's and HBV's, Preparing, Cooking and Storing Pulses, the effects of food choice due to food allergies and vegetarianism.

10.3

Cereals

10.2

Dairy

10.2

Dairy

During this section student will learn about: Provenance, nutrition, medical conditions and factors affecting food choice

10.1

Fruit and vegetables

During this section student will learn about: The Eat Well Guide, Composite foods, Nutrients, Hydration, different cooking methods, bacteria, food waste, food miles and fibre.

10.1

Fruit and vegetables

YEAR 11 FOOD AND NUTRITION LEARNING JOURNEY

Written examination: 1 hour 45 minutes 50% of qualification

This component will consist of two sections both containing compulsory questions and will assess the six areas of content as listed in the specified GCSE content. Section A: questions based on stimulus material. Section B: structured, short and extended response questions to assess content related to food preparation and nutrition.

REVISION AND EXAM PREPARATION

Assessment 2:

The food Preparation assessment.

Assessment 2:

The Food Preparation Assessment 35% of total qualification

This assessment is synoptic and assesses the application of knowledge and understanding in relation to selecting dishes and identifying cooking skills/techniques and the execution of practical skills.

This assessment will require learners to: Plan, prepare, cook and present a selection of dishes,

Assessment 1:

The food investigation assessment.

Assessment 1:

The Food Investigation Assessment
15% of total qualification

A Food Investigation will be set that will require each learner to:

- (i) (a) research and plan the task (b) investigate the working characteristics, function and chemical properties of ingredients through practical experimentation and use the findings to achieve a particular result (c) analyse and evaluate the task
- (ii) produce a report which evidences all of the above and includes photographs and/or visual recordings to support the investigation

