

GCSE Food Preparation and Nutrition

Year 10 Curriculum Map

Autumn 1	Spring 1	Summer 1
<p>Principals of Nutrition To describe and evaluate the bodies nutritional needs</p> <p>Key Content: Students will learn the key nutrients that are needed for good health, why the body needs nutrients, the functions and sources of nutrients, the excess and deficiencies of each nutrient and how water and fibre contribute to</p> <p>Culinary influences effect food choices such as finance, religion, traditions and exposure habits. A range of scenarios encourage pupils to explore a range of multi-cultural foods.</p> <p>Numeracy link- Match production/ratio Measuring and conversion Imperial/Metric</p>	<p>The Science of food To identify and explain key scientific processes that occur during cooking</p> <p>Key Content: Students will learn how heat is transferred to food, the methods used for cooking food, the scientific principals behind preparing and cooking food, the basic terminology of food science, how to maintain the nutritional value of foods during cooking.</p> <p>Nutritional value of foods in the diet and how they support good health. Understanding of different food legislations both international and national and how these have improved food production and safety.</p> <p>Numeracy link- Negative numbers and reaction rate of bacteria. Graphs and comparisons. Converting measurements of heat, weight and capacity</p>	<p>The Food Investigation: Experiment NEA 1 Practice coursework task</p> <p>Key Content: Investigate the working characteristics, function and chemical properties of ingredients through practical experimentation, use the findings to achieve a particular result, assessed against the learner's hypothesis.</p> <p>Learners will be able to share information and discuss ideas in groups, and solve problems.</p> <p>Numeracy link – Interpreting data, reading results, making comparisons quoting data. Making predictions</p>
Autumn 2	Spring 2	Summer 2
<p>Diet and Good Health To investigate how diet affects health</p> <p>Key Content: Students will learn what is meant by `a healthy diet`, the eight guidelines for a healthy diet, nutritional requirements of and dietary needs of differing groups, how lifestyle can affect food choice and diet.</p> <p>Pupils are encouraged to look at and sample a range of ingredients from different cultures as well as developing an understanding of dietary beliefs such as kosher and vegetarianism.</p> <p>Numeracy link – Product disassembly biscuits, packaging information/volume</p>	<p>Cooking and food preparation To apply cooking skills to develop sustainable dishes</p> <p>Key Content: Students will learn how to recognise signs of food spoilage and prevent it, how to prevent food poisoning, food provenance, food miles, and food security.</p> <p>The different types of cuisine available throughout the world, the key ingredients and popular dishes from each cuisine.</p> <p>Pupils explore mass production and principles of wastage such as the 3 'R's and how they make a positive contribution if utilised effectively.</p> <p>Applying measuring and weighing skills. Time and distance graphs – how far does food travel</p>	<p>The Food Preparation: Practical's NEA 2 Practice coursework task</p> <p>Key Content: Plan, prepare and cook three dishes that meets the needs of the brief showcasing appropriates skills and techniques. Evaluate the technical skills demonstrated.</p> <p>Pupils are exposed to and practice the different ways food can be prepared and made and develop an understanding of traditions</p> <p>Numeracy link – Nets and packaging, quantities and percentages relating to nutrition content on packaging</p>