

Year 10 – Food Preparation and Nutrition

Subject Title	Food Preparation and Nutrition
Exam board	AQA
Specification code	8585
Entry Level	<i>All pupils complete 2 NEA Projects and a Written Exam</i>
Exam details	<i>Coursework Units (50% - NEA 1 15% and NEA 2 35%) and a single 1 hr 45minutes written paper (50%)</i>
Setting arrangements	Mixed Ability groups
Time allowed	<i>5 Hours per fortnight</i>
Textbooks and revision guides	Online digital text book freely available to all students. CGP – Revision Guide
Homework information	<i>One homework each week of 1 hour duration.</i>

Term	Unit	Skills	Assessment
Pre GCSE Project	School Lunch Box	<ul style="list-style-type: none"> • Linking lunch box products to Yr 11 course topics • Practical sessions making homemade versions of traditional lunch box items. • Homemade versus shop bought. 	
1	Food Nutrition	<ul style="list-style-type: none"> • Learning about all key nutrients. • Learning about healthy eating guidelines. • Learning about life stages and dietary needs. • Learning about dietary related illnesses. • Practical sessions linked to skills list. 	An end of project test. Regular HW feedback including 2 items of Deep Marked work.
2	Food Science (Part 1)	<ul style="list-style-type: none"> • Understanding the effect heat has on food. • Methods of heat transfer. • Cooking methods. • Learning all the scientific terms associated with different ingredients and nutrients. • Practical to put scientific theories into practice. 	An end of project test. Regular HW feedback including 2 items of Deep Marked work. Year 10 Mock Exam
3	Food Science (Part 2)	<ul style="list-style-type: none"> • Understanding the effect heat has on food. • Methods of heat transfer. • Cooking methods. 	An end of project test. Regular HW feedback including 2 items of Deep Marked work.

		<ul style="list-style-type: none"> • Learning all the scientific terms associated with different ingredients and nutrients. • Practical to put scientific theories into practice. 	
4	Food Safety	<ul style="list-style-type: none"> • The concepts of food safety. • Building on learning throughout KS3 and KS4 • Business aspects of food safety. • Looking at food safety from farm to plate. • Looking at micro-organisms in food. 	An end of project test. Regular HW feedback including 2 items of Deep Marked work.
5	Food Choice	<ul style="list-style-type: none"> • Discovering why we choose to eat certain foods. • Learning about allergies and intolerance. • Learning about religion, culture and food choices. • Our senses and how we analyse food. • Learning about labelling and marketing of food. • Researching international and British cuisine. 	An end of project test. Regular HW feedback including 2 items of Deep Marked work.
6	Food Provenance	<ul style="list-style-type: none"> • Food sources – where our food comes from. • Food and the environment. • Food security. • Primary and secondary food processing. • Developments in promoting health and nutrition. 	An end of project test. Regular HW feedback including 2 items of Deep Marked work.
Links to websites and revision materials:		There is an online textbook available for all GCSE students and website address, user name and password will be given in the first week of the course.	