


Year: 10 Subject: GCSE Food Preparation and Nutrition (AQA)	Curriculum Intent: Students will demonstrate effective and safe high-level cooking skills by planning, preparing dishes using a variety of cooking techniques and equipment. Students will develop knowledge and understanding of the functional properties, chemical processes and nutritional content of foods. Students will understand the relationship between diet, nutrition and health, including the physiological and psychological effects of different diets and health.			
	Term 1	Term 2	Term 3	
Topic Titles (in order of delivery)	4.4.1 Factors affecting Food Choice	1. Food Science- Functional and chemical Properties of food 2. Food Provenance- Environmental impact and sustainability- /food miles/Carbon footprint	3.1.1 Food safety- Food spoilage and contamination	
Key knowledge / Retrieval topics	4.4.1 Factors affecting Food Choice 1. Healthy eating and physical activity (PAL) 2. Lifestyle, income, time available to cook food 3. Availability of food and seasonality 4. Allergens and intolerance 1. Food Labelling 2. Food marketing 3. British cuisine International cuisine-Focus on Mediterranean foods.	Food Science- Functional and chemical Properties of food 1. Raising Agents- What are they and how do they work? Air, CO ₂ , Yeast , Bicarbonate soda, baking powder, Cream of tartar and steam 2. Air- Creaming method- Mechanical, 3. Biological- 4. Carbohydrates 5. Fats & oils 6. Proteins	3.1.1 Food safety- Food spoilage and contamination 1. Micro-organisms and enzymes 2. Conditions needed for microbial growth 3. Moulds and yeasts Enzymes and enzymic browning 4. The signs of spoilage 5. Micro organisms in food production 6. Bacterial contamination 7. 5 types of food poisoning 8. Principles of food safety 9. Buying and packaging food 10. Food storage 11. Preparing cooking and serving food 12. Personal hygiene	

		<p>7. Food Provenance- Environmental impact and sustainability-/food miles/Carbon footprint</p> <p>8. Food sources</p> <p>9. Sustainability of food and environmental issues</p> <p>10. Processing and production- Farming/organic/ rearing/ GM/ seasonal/ Fair trade</p> <p>11. Technological developments associated with better health and food</p> <p>12. Primary and secondary examples</p> <p>13. Fortification/additives</p>	<p>13. Cooking, cooling down and serving food</p> <p>14. Using food probes</p> <p>15. Coloured chopping boards.</p> <p>16. Nutritional needs and health</p> <p>17. Making informed choices for a varied and balanced diet- Eatwell guide and % of each section.</p> <p>18. Energy needs different age groups of people</p> <p>19. Nutritional analysis</p> <p>20. Dietary guidelines- Preparing, choosing, cooking and serving</p> <p>Diet nutrition and health-Obesity, Cardiovascular disease (CHD), Skeletal disease- Rickets, Osteoporosis, tooth decay, anaemia, diabetes- type 2</p>
Understanding / Sequence of delivery	<p>1. 4.1.1 Factors that influence what we choose to eat</p> <p>2. 4.1.2 Food choices</p> <p>3. Food choices related to religion and culture</p> <p>1.</p>	<p>2.2.1 Proteins</p> <p>2.2.2 Carbohydrates</p> <p>2.2.3 Fats and oils</p> <p>2.2.4 Raising agents: Chemical/Biological/ Mechanical</p> <p>4.1.1 Environmental impact and sustainability</p> <p>5.2.1 Processing and production</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>3.2.1 Principles of food safety- Buying and storing food.</p> <p>3.2.2 Preparing, cooking and serving food</p> <p>Students will be taught the different types of micro- organisms and enzymes in order to understand the impact of contamination- This links to preparation and storing of foods correctly.</p>
Assessment	<p>Grade</p> <p>In class Assessments/ End of topic tests</p> <p>Senecalearning.com- Tasks/ assessment</p> <p>2019 grade boundaries</p>	<p>Grade</p> <p>In class Assessments</p> <p>Senecalearning.com- Tasks/ assessment</p> <p>Using 2019 grade boundaries</p> <p>Pre public Examination (PPE)</p>	<p>Grade</p> <p>In class Assessments</p> <p>Senecalearning.com- Tasks/ assessment</p> <p>Using 2019 grade boundaries</p> <p>Mock Non -Examined Assessment (NEA)</p>

