

GCSE Food Preparation and Nutrition Course Content

In Year 10 Pupils will study the topics below with 1 practical lesson a week linked to the theory topic and will be required to bring the appropriate ingredients.

Year	Autumn	Spring	Summer
10	<p><u>Food Nutrition and Health</u></p> Eatwell Guide Macro- Nutrients – Protein Fats Carbohydrates Micro-Nutrients - Vitamins Minerals Water Fibre Nutritional needs of Pre-school children, School aged children, Teenagers, Adults, Elderly. Special Diets – Vegetarian, Diabetes, Coeliac, Lactose-Intolerant, High- Fibre diet, Low-Sugar diet, Low Sodium Diet, Fat Reduced Diet, Iron Deficient. Energy Needs.	<p><u>Food Science</u></p> Cooking Food and Heat Transfer Cooking Methods Flour and Gluten Year 10 NEA 1 Experimental Task – Mock Trial with 1 practical experiment Year 10 NEA 2 Practical Task – Mock Trial with 2 practical assessments Year 10 Written Exams Raising Agents Chemical Properties of Ingredients – Denaturation, Coagulation, Foams, Emulsification, Gelatinisation, Dextrinisation, Caramelisation.	<p><u>Food Safety</u></p> Food Spoilage and Contamination Bacterial Contamination Food Safety <p><u>Food Choice</u></p> Factors Affecting Food Choice Religion and Culture Intolerances and Allergies Food Labelling and Marketing British and International Cuisine <p><u>Food Provenance</u></p> Environmental Impact and Sustainability Food Processing and Production
11	<p><u>NEA 1 (15% of the GCSE) – Non Exam Assessment</u></p> Topics released from Exam Board on 1 st September Hand in NEA 1 for marking Revision Mock Exams	<p><u>NEA 2 (35% of the GCSE) – Non Exam Assessment</u></p> Topics released from the Exam Board on 1 st November NEA 2 Practical Exam during 1 st week in March- 1 whole day off timetable.	<p>Revision OF Syllabus and exam practise.</p> <p><u>Written Exam 1hour and 45 minutes (50% of the GCSE).</u></p>

	<p>Finish any syllabus not yet completed. Preparation for NEA 2.</p>	<p>Hand in NEA 2 for marking. Revision of Syllabus and exam question Practise.</p>	
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