

Curriculum Map: GCSE Food Preparation and Nutrition

Please note: the commodities topics listed below have sections 1 (core knowledge) and sections 2 (basic mixtures) interwoven amongst them.

Topics are not taught

Year	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
9	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Principles of Nutrition - Government Healthy Eating Guidelines - The Science of Cooking Food - Diet and Good Health - Food Provenance and Food Waste - Food Spoilage <p>Section 3 Commodities; Fruit and Vegetables (f&v)</p> <ul style="list-style-type: none"> - Varieties of f&v - Nutritional values of f&v - Importance of f&v in the diet - Methods of cooking f&v - Choosing, storing and using - Preserving - Herbs and Spices - Potatoes <p>Section 2; Basic Mixtures and Recipes</p> <ul style="list-style-type: none"> - Creaming method - All-in-one method - Roux, bechamel <p>Links to; (core 1) Diet and Good Health, (core 1) Food Spoilage and Food Waste, Written Exam, (core 1) science of cooking food</p> <p>Assessment; Modular assessment for Fruit and Vegetable Commodities + 1 practical</p> <p>Personal Development: Healthy Eating, Physical Health and Fitness</p>	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Principles of Nutrition - Government Healthy Eating Guidelines - The Science of Cooking Food - Diet and Good Health - Obesity - Cultures and Cuisines - Food Provenance and Food Waste <p>Section 3 Commodities; Butter, Oil, Margarine, Sugar and Syrup</p> <ul style="list-style-type: none"> - Choice of fats, oils, sugars and syrups - Nutritional values of fats, oils, sugars and syrups - Composition of fats, oils, sugars and syrups - Properties of fats, oils, sugars and syrups - Functions of fats, oils, sugars and syrups in food prep <p>Section 2; Basic Mixtures and Recipes</p> <ul style="list-style-type: none"> - Whisking method - Creaming method - Melting method - Rubbing-in method - Yeasted bread dough <p>Links to; (core 1) science of cooking food (core 1) Food Spoilage, Written Exam, (core 1) cultures and cuisines, (core 1) science of cooking food</p> <p>Assessment; Modular assessment for Fats and Oils + 1 or 2 practical assessments</p> <p>Personal Development: Healthy Eating, Physical Health and Fitness</p>	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Principles of Nutrition - The Science of Cooking Food - Cultures and Cuisines - Food Provenance and Food Waste <p>Section 3 Commodities; Cereals (Wheat, Maize, Barley, Rye and other grains)</p> <ul style="list-style-type: none"> - What are cereals? - Structure of wheat - How is wheat grown? - Primary processing into flour - Nutritional Content - Secondary processing - Functional properties <p>Section 3 Commodities; Cereals Commodity Focus:</p> <ul style="list-style-type: none"> - Bread - Pasta - Pastry <p>Section 2; Basic Mixtures and Recipes</p> <p>Yeasted bread</p> <ul style="list-style-type: none"> - Yeasted Bread - Enriched bread - Flatbreads - Fresh pasta - Shortcrust Pastry - Choux Pastry <p>Assessment; Modular assessment for Cereals (1) and 2 practicals</p> <p>Personal Development: Healthy Eating, Physical Health and Fitness</p>	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Principles of Nutrition - The Science of Cooking Food - Cultures and Cuisines - Food Provenance and Food Waste <p>Section 3 Commodities; Cereals (Rice)</p> <ul style="list-style-type: none"> - How rice is grown and harvested - The primary processing of rice - The types of rice available - The secondary processing of rice into rice products <p>Section 3 Commodities; Cereals (Maize) + all other cereals</p> <ul style="list-style-type: none"> - What maize and corn are - Secondary processing of corn and maize into other products - Food Spoilage <p>Section 2; Basic Mixtures and Recipes (and related practicals);</p> <ul style="list-style-type: none"> - Boiling, simmering - Grilling, baking <p>Assessment; Modular assessment for Cereals (2) and 1 practical</p> <p>Personal Development: Healthy Eating, Physical Health and Fitness</p>	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Principles of Nutrition - The Science of Cooking Food - Cultures and Cuisines - Food Provenance and Food Waste - Technological Developments - Diet and Good Health <p>PRACTICE NEA2</p> <ul style="list-style-type: none"> - Students given set brief - Students to research and plan one dish - Students to trial dishes - Students to complete a practical assessment - Students to complete evaluation <p>Assessment; end of year assessment covering everything from the modules studied. Assessment of practice NEA2 (one dish).</p> <p>Assessment; Modular assessment or Food Science Assessment</p>	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Cultures and Cuisines - Key ingredients and popular dishes from each cuisine <p>PRACTICE NEA2</p> <ul style="list-style-type: none"> - Students given set brief - Students to research and plan one dish - Students to trial dishes - Students to complete a practical assessment - Students to complete evaluation <p>Assessment; end of year assessment covering everything from the modules studied. Assessment of practice NEA2 (one dish).</p>
10	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Principles of Nutrition - Diet and Good Health - The Science of Cooking Food - Food spoilage - Food Provenance and Food Waste <p>Section 3 Commodities; Meat and Poultry</p> <ul style="list-style-type: none"> - Choices of meat, poultry and offal - Consumer information - Nutritional values of meat and poultry in the diet - Choice of cuts available - Handling, storing and cooking <p>Section 2; Basic Mixtures and Recipes (and related practicals);</p> <ul style="list-style-type: none"> - Simmering, boiling - Roasting, frying, sauteeing - Jointing chicken <p>Assessment; Modular assessment for Meat and Poultry + 1 practical assessment</p> <p>Personal Development: Healthy Eating, Physical Health and Fitness</p>	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Principles of Nutrition - Diet and Good Health - The Science of Cooking Food - Food spoilage - Food Provenance and Food Waste <p>Section 3 Commodities; Fish and Eggs</p> <ul style="list-style-type: none"> - Choice of fish available to the customer - Sustainability of fish stocks - Nutritional value of fish in the diet - Things to consider when buying - Composition of fish - Storage, preparation and cooking - Choice of eggs available to the customer - Consumer choices when buying eggs - Egg structure - How are eggs used in cooking - Function of eggs <p>Section 2; Basic Mixtures and Recipes (and related practicals);</p> <ul style="list-style-type: none"> - Batters - Filleting fish <p>Assessment; practical's, dairy assessment, egg assessment</p> <p>Personal Development: Healthy Eating, Physical Health and Fitness</p>	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Principles of Nutrition - Diet and Good Health - The Science of Cooking Food - Food spoilage - Food Provenance and Food Waste <p>Section 3 Commodities; Milk, Cheese, Yoghurt</p> <ul style="list-style-type: none"> - The different types of dairy food available - How milk is processed to make it safe - How milk is made into other dairy products - Nutritional values of other dairy foods - How these foods are used in the diet <p>Section 2; Basic Mixtures and Recipes</p> <ul style="list-style-type: none"> - Rubbing-in Method - Meringues - Emulsion - Roux, béchamel, all-in-one sauce <p>Assessment; Modular assessment for Dairy + 1 practical assessment</p> <p>Personal Development: Healthy Eating, Physical Health and Fitness</p>	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Principles of Nutrition - Diet and Good Health - The Science of Cooking Food - Food spoilage - Food Provenance and Food Waste <p>Section 3 Commodities; Soya and Alternative sources of protein</p> <ul style="list-style-type: none"> - Pulses and Beans - Nuts and seeds - Alternative proteins (soya, tofu etc) <p>Section 2; Basic Mixtures and Recipes (and related practicals);</p> <ul style="list-style-type: none"> - Stir frying - Simmering, boiling - Baking <p>Assessment; Modular assessment for Soya and Alternative proteins</p>	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Technological Developments - Food Provenance and Food Waste - The Science of Cooking Food <p>Practice NEA1 based on previous NEA1 as set by exam board for Year 11.</p> <ul style="list-style-type: none"> - Using the year 11 brief, students to complete a full mock of the NEA1 food science task over three weeks. <p>Assessment; NEA1 Mock Food Science Task</p>	<p>Section 1 Core knowledge;</p> <ul style="list-style-type: none"> - Cultures and Cuisines <p>PRACTICE NEA2</p> <ul style="list-style-type: none"> - Students to be given the current from - Students to research and plan two dishes - Students to trial dishes - Students to complete a practical exam - Students to complete time plan and evaluation <p>Assessment; end of year assessment covering everything from the modules studied. Assessment of practice NEA2 (one dish).</p>
11	<p>NEA2 (Research) Brief: Different Occasions or Vegetarian Recipes for a Website</p>	<p>NEA 2 (Research)</p>	<p>NEA 2 (Practical and Evaluation) PRACTICAL EXAM FOR NEA2</p> <p>Formal Mocks</p>	<p>NEA 2 (Evaluation) REVISION OF THEORY TOPICS</p>	<p>Final Exams</p>	<p>Final Exams</p>