

YEAR 10 FOOD

Overview

You will develop knowledge and understanding of the function and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks. You will Cook a variety of dishes using different cooking techniques and equipment. You will experiment With a wide range of foods and skills.

Building on

This year will build upon knowledge and skills learnt during KS3. The aim of year 10 is to equip students with the knowledge and practical Skills needed for the year 11 practical examination and for the written food science examination as well as giving them invaluable life skills.

New knowledge learnt in the project

- How food is grown, reared and caught.
- Farming methods.
- Seasonality.
- Food miles.
- Commodities and their function within our bodies.
- Food science of ingredients.
- Safe storage and preparation of ingredients.
- Diet and good health.

Skills learnt

- Preparation techniques for all food commodities.
- Develop practical skills using methods, equipment and processes.
- Nutritional needs for all dietary groups - ensuring meals are suitable For a range of dietary requirements.
- Food provenance and seasonality.
- Food milage and sustainability.

YEAR 11 FOOD



NEA 2 A practical assessment worth 35% of the final GCSE grade.

This assessment will require students to:

Plan, prepare, cook and present a selection of dishes, to meet particular requirements such as a dietary need, lifestyle choice or specific context. Students will be set a theme by the exam board and will be asked to research, plan, prepare and cook a menu of three dishes relating to the theme in a three hour session.

Building on

Students will apply their knowledge of food safety principles within The three hour assessment. The application of food safety principles Will be credited and assessed when making the final dishes.



New knowledge learnt in the project

- Investigate and plan the task, select a final menu to be produced to showcase skills and produce a plan of action for the practical execution of the dishes (to include trialling and testing)
- Prepare, cook and present a menu of three dishes within a single session.
- Evaluate the selection, preparation, cooking and presentation of the three dishes.
- Produce a folio of evidence which includes documentation related to the selection of dishes, planning and evaluation and photographs which demonstrate the students application of technical skills and the final outcomes.

Skills learnt

- Practical skills
- Analytical and evaluative skills
- Communication skills
- Health and safety
- Time keeping and organisation
- Food storage
- Food presentation
- Research
- Development of dishes
- Sensory and nutritional analysis
- costing



YEAR 11 FOOD



NEA 1 a practical investigation worth 15% of the GCSE grade

A scientific food investigation which will assess the students knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.

The theme for the nea1 will be set by the exam board. Students will conduct a practical investigation and then draw conclusions, in the form of a written report.

Building on

The mini food science investigations from year 7, 8, 9 and 10.

New knowledge learnt in the project

A food investigation will be set that will require each student to:

- Research and plan the task.
- Investigate the working characteristics, function and chemical properties of ingredients through practical experimentation and use the findings to achieve a particular result.
- Analyse and evaluate the task.
- Produce a report which evidences all of the above including photographs and visual recordings to support the investigation.

Skills learnt

- Analysing a task.
- Research.
- Application of food science knowledge.
- Practical experimentation.
- Establishing a hypothesis and predicting and outcome as a result of research findings.
- Analysis of results to prove or disprove their hypothesis.



YEAR 11 FOOD

Principals of food preparation and nutrition
(a written examination with 50 % of the GCSE grade)

Students will work on exam preparation in every lesson. Practical lessons are theory lessons in action . Exam technique is taught throughout the two year course.

Building on

Theoretical knowledge of food preparation and nutrition taught in KS3 And KS4.

New knowledge learnt in the project

Areas of Content

1. Food commodities
2. Principles of nutrition
3. Diet and good health
4. The science of food
5. Where food comes from
6. Cooking and food preparation

Skills learnt

- Exam technique.
- Organisation.
- Time management.



My Food Learning Journey

