



GCSE - Food Preparation and Nutrition – Programme of Study

	Subject content	Knowledge	Assessment/Practical
10	The relationship between diet and health	Major diet related health issues/ What a balanced diet is/ Government guidelines	Soup/ Gluten free recipes/ adapting existing recipes to make them healthier. Fajitas.
	Dietary needs for different stages of life Food allergies and intolerances	The nutritional and dietary needs of different groups of people in different stages of their lives. How food allergies and intolerances affect people and what they are able to eat.	Spaghetti Bolognese. Pasties-shortcrust pastry/soup/stuffed pancakes (white sauce)/Quiche.
	Macro nutrients- Protein/Fats/carbohydrates	The nutritional content of the main commodity groups.	Stuffed pancakes/ bread/ pasta/pastry making
	Micro nutrients- Vitamins /Minerals	Types and function/sources/ Recommended amounts and deficiency.	Visit to Kenton food hub and butchers- Meat processing. Meat Balls and tomato sauce.
	Culinary traditions- Country 1	Sensory analysis. Legal labelling requirements	Sweet and sour chicken- sensory analysis of a shop bought product-
	Food Provenance-Food source and supply.	Advantages and disadvantages of locally produced and seasonal foods.	Whisked cake – Gateaux/Pasta/Choux pastry/ Preservation- Lemon curd/ Ratatouille/chutney.
	Mock GCSE NEA task 2- Practical food examination	Planning and preparing three high skilled products with accompaniments in a three hour exam.	Testing, analysing and evaluation their outcomes and suggesting improvements.
	Food processing and food security.	Primary and secondary stages of food processing meat (fish)/ milk/cereals and fruit and vegetables.	Fish pie/ testing cheeses.
	Culinary traditions-Country 2	Traditional meals, common foods eaten and the cooking methods used.	Chorizo paella.
11	Food science	Why food is cooked. Transference of heat. How preparation and cooking methods affect the nutritional value and improve the sensory qualities.	Working characteristics- gelatinisation/ dextrinisation/emulsification. Mayonnaise/ fruit mousse set with gelatine (vegetarian options) Raising agents.
	NEA task 1- Food science investigation- 15%	Students to use choose a task issued from OCR and in 10 hours, to analyse research and carry out three scientific investigations. Then to analyse and evaluate their findings.	Continual feedback and checklists to provide templates for assistance.

	NEA task2-Food practical examination 35%	Planning and preparing three high skilled products with accompaniments in a three hour exam.	Photographic evidence and verbal feedback. Sensory testing of all outcomes.
	Energy balance	The relationship between food intake and physical activity and how we can maintain a healthy body weight.	Revision cards. Worksheets to check understanding.
	Revision	RAG- use revision guides to identify knowledge content and areas students still need more input.	PP- Placed onto shared area for students to access if necessary.
	Revision	Extended response questions which carry high marks.	Templates and key words and practice on how to structure their responses to maximise marks in the exam.
	Study leave	Past papers and revision cards.	
	Examination -1hour 30 minutes 50%	10 th June – Morning.	