

GCSE Food Preparation & Nutrition

Overview of the Curriculum

GCSE Food Preparation & Nutrition - Key Stage 4 (Years 10 & 11)

AQA Food Preparation & Nutrition GCSE is a popular option for students at Parmiter's. The Faculty has made the decision to use the AQA specification for the following reasons:

- It enables students to be creative and focuses on practical cooking skills.
- It provides opportunities to build a secure understanding of nutrition, food provenance and the working characteristics of food materials.
- At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.
- It is a direct progression from the KS3 teaching and learning building on skills and techniques.

The course has been designed to enable pupils to demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment. Students will develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks. They will understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health. Students will broaden their understanding of the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices. They will demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food. Through the course, students will understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas and/or modify existing recipes.

Practical tasks are designed to teach fundamental skills that can be used later on in the course. As students progress through the course practical tasks increase in complexity and give students the opportunity to become more independent with their recipes.

Students will conduct a range of skill based tasks and experiments including;

- Chicken portioning
- Fish filleting
- Profiteroles and pastry making
- Flour and fat investigations
- Cheese making
- Cooking methods, sensory evaluation and testing

Students are given opportunities throughout the course to visit West Herts college where they learn to make a variety of high skills dishes including chicken chasseur, mille-feuille, dover sole and choux pastry. Workshops are also delivered by West Herts College at Parmiter's. Other workshops take place at school delivered by specialists providing students a wider understanding of food choice and the environmental impact of food.

The specification is delivered in 5 sections:

1. **Food, nutrition and health** - Protein, Fats, Carbohydrates, Vitamins, Minerals, Water, Healthy Diet, Energy Needs, Nutritional Analysis
2. **Food science** - Cooking of food and heat transfer, cooking methods, function and chemical properties of food
3. **Food safety**- Food spoilage and contamination, Principles of food safety
4. **Food choice** - Factors affecting food choice
5. **Food provenance** - Environmental impact and sustainability of food

Assessment

Theoretical knowledge of food preparation and nutrition from Sections 1 to 5

Written exam: 1 hour 45 minutes

100 marks (20 marks - multiple choice question, 80 marks - Five questions each with a number of sub questions)

50% of GCSE

NEA (Non exam assessment)

Task 1: Food investigation (30 marks) assessing students' understanding of the working characteristics, functional and chemical properties of ingredients.

Practical investigations are a compulsory element of this NEA task.

Task 2: Food preparation assessment (70 marks) of students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

The exam and non-exam assessment (NEA) will measure how students have achieved the following assessment objectives.

- AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.
- AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.
- AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.
- AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.

In Year 10 students study the theory content of the examination alongside carrying out practical tasks. As students move into Year 11 students focus on the NEA 1 and 2. NEA 1 is a food investigation and this commences in September when the context is released by AQA. Students work on the NEA 1 for 10 hours in class.

NEA 2 is a food preparation task and begins in November with the final exam around March, this is a 20 hours piece of work. Once the NEA2 is completed revision lessons take place covering all areas of the specification until the students stand down.

Overview of schemes of work at each key stage

Key stage 4 - GCSE

Year 10

During the course of this year pupils are taught the theory elements of the course. Regular weekly practical tasks enable the pupils to develop the basic key skills and put into practice the theory work whilst developing more understanding about food, preparation and nutrition. This is also good preparation for the NEA practical tasks. Written tests and mini google quiz regularly take place at the end of each chapter to embed learning.

Term 1

- Principles of Food safety, Functions of ingredients, Nutrition and Healthy and Eating
- Function and chemical properties of Protein, Fats & Oils, Carbohydrates
- Vitamins and Minerals
- Visit to West Herts College for Choux pastry workshop

Term 2

- Nutritional Needs and Health- Making informed choices for a varied and balanced diet, Menu planning
- Energy needs- Nutritional analysis
- Visit to West Herts College pastry workshop
- Why food is cooked and how heat is transferred
- Micro organisms, Enzymes and Food spoilage

Term 3

- Bacterial contamination
- Factors that influence food choice, e.g. religion
- Labelling & Market influence
- British and international cuisine
- Food source
- Sustainability of food
- Year 10 mock written exam
- NEA prep work and practical
- Food processing and production

Year 11

Term 1

- Preparation tasks for NEA 1
- Research
- Write hypothesis
- Plan investigation
- Investigate and write up
- Analysis and Evaluation
- Year 11 Trial Exam - theory paper
- Mock practical x 3 dishes
- Develop dishes, timeplan
- NEA mock exam practical 3 hours long
- Analysis and evaluation

Term 2

- NEA 2 task analysis (Section A)
- Research
- Practical dishes
- Plan recipes (Section B)
- Practical skills x 3 dishes
- Write up section B
- Planning for the final menu (Section C)
- NEA final exam practical 3 hours
- Evaluation
- Submission of NEA 2

Term 3

- Revision for the final theory exam until stand down in May