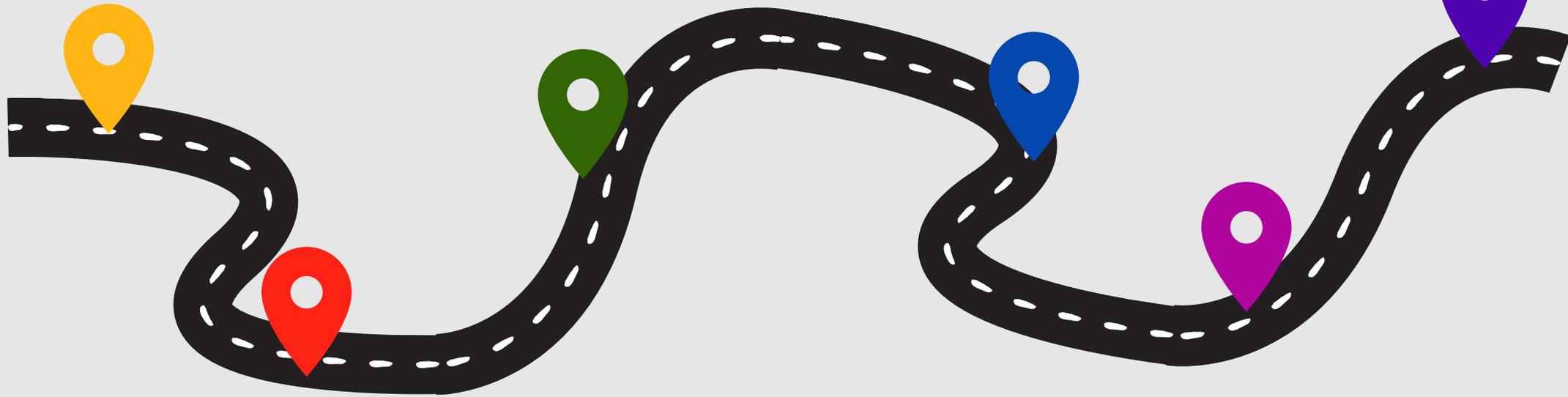




GCSE FOOD PREPARATION AND NUTRITION - YEAR 10



Y10 - M1

Topic 1: Food Preparation Skills

- Introduction to practical skills.
- Heat transfer.

Topic 2: Food Safety

- Microorganisms
- Contamination
- Buying, storing, preparing, cooking and serving food.

Y10 - M2

Topic 3: Food, Nutrition and Health

- Macronutrients
- Micronutrients
- Energy

Mock NEA Task 1

- Task analysis
- Research
- Dish choice
- Nutritional analysis

Y10 - M3

Topic 4: Food Choice

- Factors influencing food choice.
- Religion and culture.
- Ethics and morals.
- Food labelling and marketing.

Y10 - M4

Mock NEA Task 2

- Time plan
- Making
- Sensory analysis
- Cost analysis
- Nutritional analysis

Y10 - M5

Topic 5: Food Provenance

- Climate change.
- Food and packaging waste.
- Food processing.
- Food additives.
- Nature vs. science.
- Food security and sustainability.

Y10 - M6

Topic 6: Food Science

- Macronutrients
- Enzymes
- Raising agents

Mock NEA Task 3

- Research
- Planning
- Investigating
- Analysis
- Evaluation

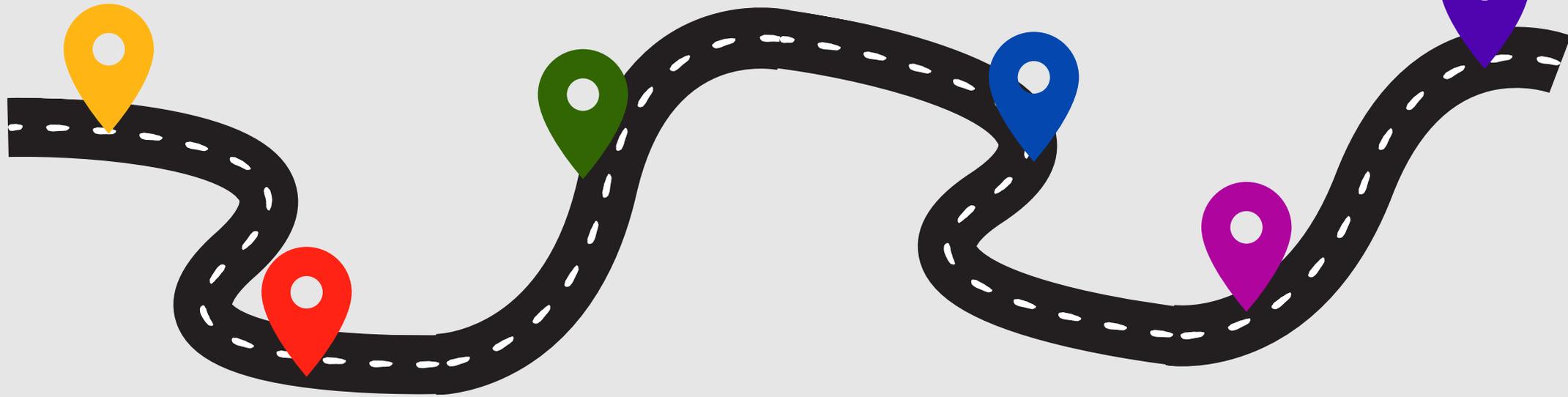




GCSE FOOD PREPARATION AND NUTRITION - YEAR 11



Leigh Academy
Ebbsfleet



Y11 - M1

NEA Task 1

- Research
- Investigation
- Analysis and evaluation

Y11 - M2

NEA Task 2

- Researching the task
- Demonstrating technical skills

Y11 - M3

NEA Task 2

- Planning for the Final Menu
- Making the final dishes
- Analyse and evaluate

Y11 - M4

Revision

- Food safety
- Food choice

Y11 - M5

Revision

- Food provenance
- Diet, nutrition and health

Y11 - M6

Revision and Exam

- Food science

