



Curriculum Overview: Food Preparation and Nutrition: EQUAS GCSE

Food Preparation and Nutrition is a subject which is taught in Year 7 and 8 and can be opted for at GCSE. The aim is to develop student knowledge and understanding of the processes and techniques involved in creating a variety of dishes, using a range of ingredients. As part of their work with food, pupils will be taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Year Group 7 Food	Autumn Term / Spring Term / Summer Term Food Hygiene and Safety: In this 9-week unit of work, the emphasis is to teach pupils basic hygiene and safety skills. The aim is to enhance their knowledge and understanding of different food preparation techniques, including how to effectively combine ingredients using simple methods and create attractive products. Pupils demonstrate new skills in the kitchen and the use of kitchen equipment to produce dishes such as fruit cocktail, soup, pizza, and apple crumble. To support the practical work, pupils are taught topics on healthy eating and basic nutrition, use of the cooker, heat transfer and sensory analysis. These topics form a foundation in which we can build upon.			Useful information / websites www.technologystudent.com www.BBCbitesize.com www.designtechnology.info/home
Year Group 8 Food	Autumn Term / Spring Term / Summer Term Food around the world: In year 8, Students will be challenged significantly during this time with the emphasis on working independently, producing a high-quality product, and demonstrating effective time management. Skills are developed from the previous year and the focus is on cultural main meal products. The 9-week project enables students to understand how to use a variety of methods, techniques, and equipment to make high quality products. The products include foods from around the world, including chicken stir fry, chicken curry, lasagne and chicken or vegetable pie. To support the practical work, pupils are taught in depth nutrition, cross contamination, food poisoning and food choice. These topics build on the knowledge and understanding learnt in Year 7.			Useful information / websites www.technologystudent.com www.BBCbitesize.com www.designtechnology.info/home
Year Group	Autumn Term	Spring Term	Summer Term	Useful information / websites

<p>Year 9 Food preparation and nutrition</p>	<p>Nutrients – to cover macronutrients and micronutrients, fibre, and water.</p> <p>The development of culinary skills, to include protein dishes, carbohydrate dishes, fats, vitamins, and minerals.</p> <p>Nutritional needs and health of individuals.</p> <p>Culinary skills to meet the needs of specific individual needs.</p>	<p>Factors that influence food choices.</p> <p>Food choice according to religious, culture, ethical belief, medical reasons, or personal choices.</p> <p>Informed choices about food, to achieve a varied and balanced diet.</p>	<p>How sensory perception guides the choices that people make and how taste receptors and olfactory systems work.</p> <p>Sensory qualities of a range of food and combinations, and how to set up taste panels for preference testing.</p> <p>Function of ingredients - to include cakes, sauces, and pastries.</p> <p>Culinary skills to enhance a thorough understanding of the function of ingredient in the above products</p>	<p>https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/3 https://www.bbc.co.uk/bitesize/guides/znnqqhv/revision/2 https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1 https://www.youtube.com/watch?v=bowUbkANVVY</p>
<p>Year 10 Food preparation and nutrition</p>	<p>Food commodities Covering the values of different commodities in the diet</p> <p>The features and characteristics of each commodity.</p>	<p>Diet and Good Health Energy requirement of individuals.</p> <p>Plan balanced diets.</p> <p>Calculate energy and nutritional values of recipes.</p> <p>Science of Food</p>	<p>Food provenance Where food comes from, the meaning of food miles.</p> <p>Packaging and the impact of the environment.</p> <p>Sustainability</p> <p>Food manufacturing Cultural and British cuisine</p> <p>Primary and secondary processing production</p>	<p>https://www.bbc.co.uk/bitesize/guides/zk92msg/revision/1 https://www.bbc.co.uk/bitesize/topics/zfmpb9q/articles/z3tcydm https://www.youtube.com/watch?v=HIEpCHvjudc https://www.youtube.com/watch?v=RkdBKb0nokM</p>

	<p>The working characteristic of each commodity.</p> <p>The origins of each commodity.</p> <p>Culinary skills will be embedded throughout</p>	<p>The effects of cooking on food and food spoilage.</p>	<p>NEA 1 Practice – Food investigation into various ingredients and producing samples to meet the assessment criteria.</p>	
Year 11	<p>NEA 1 is released on 2 September.</p>	<p>The exam is 50% of the course therefore revision</p>	<p>Exam techniques, questions walking/talking mocks and</p>	<p>https://www.bbcgoodfood.com</p>

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<p>Food preparation and nutrition</p>	<p>Pupils have 12 hours to produce this project with research and testing their chosen task.</p> <p>Work is presented on Word documents and has a limit of 1500 words. NEA 2 is released on 1 November. Pupils have 15 hours to research, prepare and cook 3 dishes (and accompaniments if appropriate) that demonstrate their technical skills and meet the needs of their client. Work is presented in PowerPoint and sent to external examiners for marking.</p> <p>Both projects accumulate to 100 marks which is 50% of the course.</p>	<p>begins in February covering all topics for this subject. PowerPoints and additional help are available on firefly.</p>	<p>final preparation for summer exam.</p>	<p>https://www.food.gov.uk https://www.whsmith.co.uk/products/wjec-eduqas-gcse-food-preparation-and-nutrition/helen-buckland/jacqui-keepin/paperback/9781471867507.html</p>
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