



# Curriculum Overview

## Curriculum Food Preparation and Nutrition Year: 10

### Curriculum covered

Pupils will follow the curriculum below and within these topics will develop knowledge and understanding in the provenance, processing, types/classification, nutrition, and related food science of each. Pupils will also cook a range of dishes utilising key ingredients from that commodity. This will also build and develop their knowledge on practical cooking skills and techniques.

#### Autumn Term

Food safety & food spoilage: considering how to prepare food safely and hygienically and understanding what causes food spoilage (environment, contamination, in correct storage etc) as well as being able to describe food spoilage. (Smell, taste, appearance)

Fruit & Vegetables

Pastry

Dairy (Milk, cheese, butter, yoghurt & cream)

#### Spring Term

Cereals

Pupils will also complete a mock Non examination assessment (The Food Science investigation) which will focus on raising agents and will require pupils to research raising agents, plan their investigation, conduct their investigation, and draw conclusions. This mock mirrors the main NEA completed in Year 11.

Fish

Eggs

#### Summer Term

Meat

Poultry

Alternative Proteins

Pupils will also complete a mock Non examination assessment (The Practical cooking assessment) which will focus on planning, preparing, and cooking two dishes and accompaniments of their choice which meet the requirements of the task (international cuisine) within a 2-hour time frame.

Sugar & sweeteners

Fats & oils

Food Choice considering what factors impact food choice (location, wealth, religion, etc)

### Internal Assessment

Following the end of each curriculum area, pupils will complete a short core knowledge assessment which will comprise a range of questions such as multiple choice and longer answer responses. Pupils will be given one week's notice of this low stakes test and are able to take their work folder home to enable revision. This is to check pupils' understanding of the curriculum taught and will enable any gaps in knowledge to be addressed in future lessons. Scores as a % will be shared with pupils and the gaps in knowledge, if any, will be retaught with pupils.

Both mock NEA's (non-examination assessments) will be assessed in line with the assessment criteria from the exam board and a on track, above or below grade will be given in relation to their target grade. WWW (what went well) and NS (Next step) feedback will also be given to each pupil to help them consider the areas for development in future work.

In the Summer term, pupils will also complete a Year 10 mock exam (1 hour) which will test the core knowledge developed over the year.

### Exam Board/Exam Paper Requirements/% Weighting

#### Key dates (mocks and final exams)

Eduqas GCSE Food Preparation & Nutrition

**Component 1** – 50% written examination (1 hour 45 mins) **Areas of Content:** Food commodities, principles of nutrition, diet & good health, the science of food, where food comes from, cooking and food preparation

**Component 2** – 50%

Task 1 (15%) The Food Science Investigation

Task 2 (35%) The Food Preparation Assessment

### Helpful resources/revision guides/websites/exam preparation

Collins Eduqas 9-1 Food Preparation and Nutrition 3 in 1 revision guide.

Seneca revision website. (This is an excellent free resource for revision and self-testing. Ensure the correct exam board is selected).

Use the work folder from lessons to aid revision as well as the resources mentioned above.

Watching demonstration videos online is useful to recap cooking skills and techniques i.e. breadmaking, pastry making, filleting fish.

Attend organised revision sessions and NEA intervention sessions.