



# Curriculum Overview

## Curriculum Area: Food Preparation and Nutrition Year: 11

### Curriculum covered

In Year 11 pupils will cover the topics below but a large part of the Autumn term and Spring term are spent completing non-Examination work.

The Food Science investigation (NEA) will begin in October (Autumn A) and be completed after half term in November (Autumn B). The second non-examination assessment (The food preparation assessment) will begin immediately after Christmas (Spring A) and be completed after the mock exams in Spring B. After Easter pupils will work on revision and recapping core knowledge as well as practising cooking techniques which could be assessed in the final exam.

### **Autumn Term**

Recapping and revising Nutrition with particular focus on Macro and micronutrients, fibre, water and health related conditions such as coronary heart disease, obesity and type 2 diabetes.

Practical and theoretical knowledge linked to NEA 1 (This task is only released on 1<sup>st</sup> September and the task changes every year) Once the task is released 3-4 lessons will be tailored to prepare pupils for their Non examination assessment.

Practical and theoretical knowledge of different pastries (shortcrust, rough puff, choux). Pupils will recap and develop deeper knowledge in the function of ingredients, understanding techniques such as shortening, lamination and the science of Choux. Recipes made will encompass these pastries to help embed their knowledge.

Focused revision for the Mock examination. The paper will cover Food commodities, principles of nutrition, diet & good health, the science of food, where food comes from, cooking and food preparation.

Completion of the Non-Examination Assessment (The Food Science Investigation)

### **Spring Term**

Completion of the Non-Examination Assessment (The Practical Food Assessment)

Focused revision for the Food mock examination

### **Summer Term**

Revision of all core knowledge in preparation for the written examination. (Some of this revision and recapping will also be practical skills based).

### Internal Assessment

#### **Autumn term**

NEA 1 (The Food Science Investigation)

Mock exam 1 hour (December) which will assess some of the core knowledge taught so far. (Food commodities, principles of nutrition, diet & good health, the science of food, where food comes from, cooking and food preparation)

#### **Spring term**

NEA 2 (The practical food assessment)

Mock 2 (March/April) will again focus on core knowledge taught but will focus on the longer response questions enabling pupil to practice this skill.

#### **Summer term**

Written examination

A variety of informal assessments such as question and answer, short core knowledge quizzes and verbal feedback will be used. This is to check pupils understanding and allow further teaching of topics to take place if necessary.

### 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 etc

Attend organised revision sessions and NEA intervention sessions