



Curriculum Overview

Food Preparation and Nutrition Year: 10

Curriculum

The Year 10 curriculum will be split into commodities. Within these commodities, pupils will cover a range of topics covering food and nutrition, food safety, food choice, food provenance & food science.

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	Spring Term	Summer Term
Fruit & Vegetables Dairy (Milk, cheese, butter, yoghurt & cream)	Fats & oils Cereals	Sugars & Sweeteners Alternative Proteins

Food & Nutrition:

Nutrients, their functions, sources and the impact of an excess and deficiency on health. Current government guidelines and diet-related health issues.

Food Safety:

Food hygiene and kitchen safety. Micro-organisms and methods of control. Uses of micro-organisms when cooking (moulds, yeast, bacteria).

Food Choice:

Food allergies and intolerances, religion and cultures, special diets including vegan/vegetarian

Food Provenance:

The origins on ingredients, environmental impacts of food choice and production, farming methods.

Food Science:

The chemical and functional properties of ingredients, heat transfer and why we cook food.

Internal Assessment

Following the end of each commodity, pupils will complete a short core knowledge assessment which will comprise a range of questions such as multiple choice and longer answer responses. 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.

Pupils will also complete a 'Showstopper' practical assessment which will showcase their practical abilities whilst using key ingredients from the commodity.

Pupils will have the opportunity to complete mock NEA's (non-examination assessments) which 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.

In the Summer Term, year 10 pupils will also complete a mock exam (1 hour 45 mins) which will test the core knowledge developed over the year.

Exam Board (all GCSE assessments take place in Year 11)

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%

NEA1 (15%) The Food Science Investigation

NEA2 (35%) The Food Preparation Assessment

Helpful resources

- Collins Eduqas 9-1 Food Preparation and Nutrition 3 in 1 revision guide – all pupils will purchase this book to complete weekly homework tasks
- Seneca revision website. (This is an excellent free resource for revision and self-testing. Ensure the correct exam board is selected).
- FPN Video Index – this is a two-page document that pupils can use to direct them to relevant videos
- Attend organised revision sessions and NEA intervention sessions.