

GCSE Food Preparation & Nutrition



General Information

Course details

AQA GCSE Food Preparation & Nutrition - course code: **8585**

Assessment

Unit 1: Written paper. 1 Hour and 45 minutes, 100 marks 50%

Unit 2: NEA1 10 Hours, 15% Tasks Released September 1st

NEA2 20 Hours, 35% Tasks released November 1st

Topic Breakdown

Year 10 course

This is a practical and creative course which focuses on giving students the necessary skills and subject knowledge to provide the foundation for the Non Examination Assessment (NEA) and final examination in year 11.

Pupils will build upon prior learning from National Curriculum Design and Technology and, in particular, the subject content of cooking and nutrition. They will enhance their knowledge and understanding of what constitutes a healthy, balanced diet and good nutrition. This includes the Eatwell Guide, energy balance and the role of nutrients in a balanced diet. Before the start of the course they should already have developed a range of different practical skills and made a repertoire of predominantly savory products which meet current guidelines for healthy eating. Food hygiene and safety is to be taught as an integral part of every lesson when preparing, cooking and serving food.

Building on the skills gained during Key stage 3 ADT lessons pupils undertake a selection of dishes which will cover 5 different topics and themes. This is covered in the AQA GCSE Food Preparation and Nutrition book:-

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance

The food preparation skills have been integrated throughout the scheme of work and linked where appropriate to the subject content. Students must be taught how and when to use different food preparation skills to achieve a range of different outcomes. There are recipe suggestions included as suitable examples.

Over the year the practical lessons are designed to cover all of the 12 preparation skills.

1. General practical skills including: weighing, measuring, preparing the ingredients and equipment, correct cooking times, testing for readiness and sensory testing.
2. Knife skills including: fruit, vegetables, meat, fish or alternatives.
3. Preparing fruit and vegetables.
4. Using the cooker including: hob, grill and oven.
5. Use of equipment including: blenders, food processors, mixers, pasta machines and microwave ovens.
6. Cooking methods including: steaming, boiling, simmering, blanching, poaching and frying.
7. Techniques to prepare, cook and combine different ingredients.
8. Sauce making including: starch based, reduction and emulsions.
9. Tenderising and marinating different ingredients.
10. Making dough including: bread, pastry and pasta.
11. Use of raising agents including: eggs, chemical, steam and biological.
12. Setting of mixtures through use of heat and egg protein.

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Year 10 - Homework

Homework is a vital part of the course as it provides time to reflect and absorb the learning that took place within the classroom. After each section and chapter pupils will be required to revise before taking a test. This provides up to date progress data as well as highlighting the areas for the pupils to improve.

Year 10 - mock exam: There will be a 1 hour and 45 minute exam during the month of June.

Year 11 - Non Exam Assessment

Pupils will undertake two Non Examination Assessments (Total = 10+20hrs)

Students will be provided with the opportunity to establish investigative skills, and be guided towards appropriate research areas in preparation for Task 1. For Task 2, students must possess an understanding of how and when all of the skills and techniques in food preparation skills can be applied and combined to achieve specific outcomes.

Year 11 - Exam assessment: There will be a 1hr 45 minute exam during the month of December. There will also be a single written theory paper lasting 1 hour 45 minutes

Contact Information

Teacher	Email
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