

**Food and Nutrition**

<p><b>Overview of the year:</b>                  This year the students will complete their Food Preparation and Nutrition GCSE. Students will continue to expand their understanding of the qualification by undertaking their NEA2 practical exam and their National GCSE exam. They will develop skills in designing dishes in accordance with a set brief; plan, prepare and evaluate such brief for submission before February half term. After February half term, the students will continue with some units not previously taught in Y10 and in May, the students will start their revision for their National GCSE exam.</p>		<p><b>Ways to consolidate and extend your learning in Food Preparation and Nutrition</b></p> <ul style="list-style-type: none"> <li>• TOP READ: Many recipe books are now available in all formats such as, hard back, CDs and online</li> <li>• TOP TV: BBC Bake Off, Master Chef the Professionals and Saturday morning TV</li> <li>• TOP FAMILY VISIT: Exploring new restaurants which serves foods from different cultures</li> <li>• BBC – Bite Size on Food Technology</li> </ul>		
Half Term	Unit title	Knowledge	Skills	Assessment
1	Special diets and nutrition	<ul style="list-style-type: none"> <li>• How different diets can assist in healthy lifestyles</li> <li>• Extended knowledge of nutrition and its importance in people’s lives</li> <li>• Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluating own diets and make healthier choices</li> <li>• How to use the knowledge of the function of nutrients to plan for special diets</li> <li>• How can food related illnesses be prevented?</li> </ul>	End of unit test
2	NEA 2 November release 12 hours including 3 hr practical exam	<ul style="list-style-type: none"> <li>• How to respond to a set brief</li> <li>• Planning of dishes to suit brief</li> <li>• Cooking dishes suitable for brief</li> <li>• Research of brief and how to address its requirements</li> </ul>	<ul style="list-style-type: none"> <li>• Research</li> <li>• Practicing cooking dishes for brief</li> <li>• Evaluation of brief</li> </ul>	Submission of NEA2 February 2022
3	NEA 2 November release 12 hours including 3 hr practical exam	<ul style="list-style-type: none"> <li>• How to respond to a set brief</li> <li>• Planning of dishes to suit brief</li> <li>• Cooking dishes suitable for brief</li> <li>• Research of brief and how to address its requirements</li> <li>• Be able to demonstrate effective and safe cooking skills by planning, preparing, and cooking a variety of food commodities whilst using different cooking techniques and equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Research</li> <li>• Practicing cooking dishes for brief</li> <li>• Evaluation of brief</li> </ul>	Submission of NEA2 February 2022
4	Food production and ethical, moral, and social issues	<ul style="list-style-type: none"> <li>• How does food production in the UK and around the world affect us and our environment?</li> <li>• What is fair trade, food miles, GM foods and food sustainability?</li> </ul>	<ul style="list-style-type: none"> <li>• How to tackle environmental factors affecting food choices</li> <li>• Being able to assess how UK and the world can act to consider; fair trade, food miles and food sustainability</li> </ul>	End of unit test

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		<ul style="list-style-type: none"> <li>Understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices</li> </ul>		
5	Revision	<ul style="list-style-type: none"> <li>Commodities and their functions</li> <li>Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks</li> </ul>	<ul style="list-style-type: none"> <li>How to study and revise for an exam</li> <li>How to apply knowledge to answer exam questions to their best ability</li> <li>Addressing structure to reach high marks questions</li> </ul>	In-class exams GCSE National Exam