

FOOD PREPARATION & NUTRITION

GCSE AQA SPECIFICATION

	Outline
Y10 Half Term 1	<p>Introduction to the course - organisation and assessment</p> <p>Food Choice - Recap on energy balance eat well guide and guidelines, macro and micro. Looking at age groups nutritional needs - mind map and video BBC Bitesize.</p> <p>Sensory Analysis - types of test and setting up a fair test</p> <p>Lasagne (2 lessons) - maillard reaction and sealing meat, fresh pasta, roux and all in one, gelatinisation</p> <p>Hygiene and Safety - critical temperatures and bacteria. Symptoms of food poisoning. Safe and hygienic practice, safety and the buying, storing, preparing and cooking of different products. Pathogenic and non-pathogenic bacteria</p> <p>Signature Dish - savoury</p> <p>Energy balance - Eat well Guide and dietary guidelines. Link to food choice and conditions linked to a poor diet - heart disease, obesity and diabetes</p> <p>Chopping skills - knife skill questions Collins Revision book, types of knives, grips and safety.</p> <p>Protein - nutrition, chemical and functional properties – biological value, amino acids</p> <p>Eggs - functional properties, different types, link to <i>salmonella</i></p> <p>Food science - Eggs investigation - the longer the egg is cooked the harder the yolk, demonstration</p> <p>Food science - Meringues investigation - Foams, denaturing, aeration, coagulation.</p> <p>Meringue practical - piping</p> <p>Composite dish - hummus and pitta</p> <p>Alternative sources of protein - quinoa, couscous, tvp, quorn, tofu</p> <p>Half term assessment</p>
Y10 Half Term 2	<p>Diseases linked to a poor diet- obesity, diabetes, tooth decay, high blood pressure, heart disease, poor digestive system.</p> <p>Chocolate cake with feathered icing</p> <p>Fibre</p> <p>Investigation - sauces</p> <p>Dish with a sauce</p> <p>Dextrinisation and Caramelisation</p> <p>Shortcrust pastry - chocolate tart</p> <p>Rough puff pastry - choice</p> <p>Choux pastry - profiteroles</p> <p>Vitamins</p> <p>Minerals</p> <p>Water</p> <p>Xmas practical</p> <p>Half term assessment</p> <p>Carbohydrates - nutrition, functional and chemical</p>
Y10 Half Term 3	<p>Filo pastry - Samosas</p> <p>Fats - functional and chemical properties, emulsions, aeration, shortening</p> <p>Investigation - different fats in cakes</p> <p>Millionaires Shortbread</p> <p>Mini NEA2 - Special diets</p> <p>Pastry - choice</p> <p>Eggs Benedict Challenge</p>

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Y10 Half Term 4	Vitamins and Minerals and water - quiz for prior knowledge Nutrition test and revision list for exam after Easter Cooking methods theory, heat transfer and why food is cooked Gluten balls Investigation Quick Bread Rolls - shaping Pizza - in pairs using a time plan Naan bread and quick curry Fajitas and flat breads Pasta shaped and filled Naan bread and quick curry following a time plan Breakfast challenge
Y10 Half Term 5	Flip learning task – research on food choices relating to religion and culture BUTCHER Demonstration – portioning a chicken Meat theory – buying and storing, different types Demonstration to revisit marinades and tenderising (chicken wings), roasting – gravy and gelatinisation, chicken ramen with stock Practical with chicken legs Katsu curry with chicken breasts Food choices relating to ethical and moral beliefs 2 Hour practical exam Food labelling Investigation in to marketing factors influencing food choice p234
Y10 Half Term 6	Practice NEA 1 in pairs (10 hours) British and International cuisines in groups Food Provenance FISH – dem and practical to continue to develop high level skills Potato dem to help students develop ideas to incorporate more skills into their exam. Practical food around the world
Y11 Half Term 1	Feedback from NEA 1 Investigation completed before the summer NEA 1 Food science investigation 15% released by AQA on 1 st September (10 hours)
Y11 Half Term 2	3 Hour practical NEA 2 – first week back. Detailed feedback given and compared to the year 10 exam. Fire and fat safety Raising Agents theory Mechanical practical – Swiss roll for a chocolate log Biological practical – Chelsea buns / focaccia bread Chemical practical – Christmas ginger bread (house, Christmas wreath – see Good Food) Micro organisms in food – yoghurt / cheese (recap on pathogens) Chapter 5 up to page 171)
Y11 Half Term 3	NEA 2 Food Prep investigation 35% released by AQA on 1 st November (20 hours) NEA 2 3 Hour Exam – last week before half term

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Y11 Half Term 4	Complete NEA 2 Food Production – milk, cheese, meat, fish, yoghurt Environment and sustainability
Y11 Half Term 5	Repetitive spaced revision lessons Multiple choice practice Past paper questions