

KS4 Long Term Curriculum Plan: Food Preparation and Nutrition/Year 10 (2026-2027)

Curriculum Aim:

In Food Preparation and Nutrition we aim to prepare students for their GCSE exams whilst equipping students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. We encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life. Food Preparation and Nutrition prepares students to make informed decisions about further study and progression to Post 16 programmes of study or employment.

Link to prior learning: The subject builds on the KS3 curriculum where they will have been taught to understand and apply the principles of nutrition and health, cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] understand the source, seasonality and characteristics of a broad range of ingredients.

Rationale of sequencing: This qualification is linear. Linear means that students will sit their exam and submit all their non-exam assessments at the end of the course. Practical work will link with theoretical work being delivered so students can link their knowledge to practice. Food preparation skills – these are intended to be integrated into the five sections:

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

Active participation strategies:

DO NOW, lesson routines, demonstrations with targeted questioning and helpers, recipe booklets with images and written instructions, cold-call questioning - differentiated and targeted, reading tasks - ask students what next words are, choral response, think pair share, sentence starters, follow-on tasks, pause and connect, thumbs up/down, paraphrase, case studies, DIRT, group work, interactive quizzes.

	Focus / Topic	Knowledge & Skills	Assessment
Autumn 1	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills	Food preparation and cooking techniques The food safety principles when preparing, cooking and serving food. The working characteristics, functional and chemical properties of proteins	Topic related formative assessment homework Sensory testing and evaluation of practical work
Autumn 2	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills	Food preparation and cooking techniques The use of microorganisms in food production. The sources and functions of proteins and carbohydrates in our diet The working characteristics, functional and chemical properties of carbohydrates	Topic related formative assessment homework Sensory testing and evaluation of practical work Assessment paper during assessment week
Spring 1	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills	Food preparation and cooking techniques The sources and functions of fats in our diet The working characteristics, functional and chemical properties of fats	Topic related formative assessment homework Sensory testing and evaluation of practical work

Spring 2	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills	Food preparation and cooking techniques The working characteristics, functional and chemical properties of fats The working characteristics, functional and chemical properties of raising agents	Topic related formative assessment homework Sensory testing and evaluation of practical work
Summer 1	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills	Food preparation and cooking techniques Vitamins and minerals Nutritional needs and health	Topic related formative assessment homework Sensory testing and evaluation of practical work
Summer 2	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills	Food preparation and cooking techniques Food choice Labelling and marketing Food and the environment	Topic related formative assessment homework Y10 - EoY Exams PPE

Further Information

The Course Specification: <https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/specification-at-a-glance>

website: <https://www.chace.enfield.sch.uk/curriculum-technology/>

In Food Preparation and Nutrition students will develop the knowledge and skills to:

- demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
- develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks
- understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices
- demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes

DFE Subject content: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/405328/Food_preparation_and_nutrition_180215.pdf