

KS4 CURRICULUM: Technology – Food Preparation and Nutrition (YEAR 10)

Overview

In Food Preparation and Nutrition, you will learn about:

- Knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

	Focus / Topic	Knowledge & Skills	Assessment
Autumn 1	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills.	<ul style="list-style-type: none"> • 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 Half Term Test on theory content covered (w/b 14 th October 2019).
Autumn 2	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills.	<ul style="list-style-type: none"> • 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 Assessment week (w/b 11th November 2019).
Spring 1	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills.	<ul style="list-style-type: none"> • 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 Half Term Test on theory content (w/b 10 th February 2020).
Spring 2	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills.	<ul style="list-style-type: none"> • 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 Half Term Test on theory content (w/b 30 th April 2020).
Summer 1	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills.	<ul style="list-style-type: none"> • Food preparation and cooking techniques. • Vitamins and minerals. • Nutritional needs and health. 	Topic related formative assessment homework Half Term Test on theory content (w/b 18 th May 2020).
Summer 2	Food, nutrition and health, food science, food safety, food choice, food provenance, food preparation skills.	<ul style="list-style-type: none"> • Food preparation and cooking techniques. • Food choice • Labelling and marketing. • Food and the environment. 	Topic related formative assessment homework End of Year exams (w/b 22nd June 2020 for 2 weeks).

Further Information

Exam board: AQA

Theoretical knowledge of food preparation and nutrition from Sections 1 to 5: Written paper (100 Marks – 1hour 45 mins) (50% of GCSE 9-1) Non-exam assessment:

Task 1: Food investigation (30 marks)

Task 2: Food preparation assessment (70 marks) (50% of GCSE 9-1)