

GCSE Food preparation and nutrition

Food provenance

- Food Sources.
- Food and the environment.
- The secondary stages of food processing and production.

Aspects of food science, food safety and food choice

- Functional and chemical properties of food: raising agents.
- How to store food safely.
- Recipe modification.
- Developing practical skills in: hob and oven use, boiling, simmering, sauce making and methods of thickening, blending, knife skills, test for readiness, judge and modify sensory properties.
- Recipes will use pasta, sauce making, the whisking method, yeast cookery, the rubbing in method, use of rough puff pastry.

Food provenance

- Factors affecting food choice.
- Food labelling and packaging.
- Study of aspects of British cuisine.

Aspects of food science, food safety and food choice

- Why is food cooked?
- Methods of transferring heat to food.
- Developing practical skills in: hob and oven use, boiling, test for readiness, knife skills, judge and modify sensory properties, piping, use of the processor.
- Recipes will use shortcrust pastry, choux pastry, the whisking method and rough puff pastry.

Food nutrition and health

- Nutrients in food.
- Carbohydrates and protein.
- Nutritional needs and health.
- Study of aspects of British and international cuisine.

Aspects of food science, food safety and food choice

- Functional and chemical properties of food, with a focus on proteins and carbohydrates
- Primary stages of food processing and production.
- How to store and cook food safely.
- Bacterial contamination and food poisoning.
- Developing practical skills in: hob use, knife skills, judge and modify sensory properties.
- Recipes will develop an investigative approach to explore: using carbohydrates and protein sources, developing an understanding of dietary needs, the effect of the cooking method.

Food provenance, food nutrition and health

- Fats, oils and water.
- Energy needs.
- Food and the environment.
- Primary and secondary stages of food processing.

Aspects of food science, food safety and food choice

- To investigate how the functional and chemical properties of ingredients can affect a cooked food product.
- To make informed choices for a chosen task.
- Recipes to use marinating, skewering, fish preparation, jointing a chicken, shaping, binding, grilling, frying, use of fruit, a rich pastry, alternative breads.

Food provenance, food nutrition and health

- Diet, nutrition and health.
- How to carry out nutritional analysis.
- Sustainability of food.
- Technological developments for better health.
- To apply these principles to a practical task, with students choosing recipes from their portfolio and wider experience to showcase skills learned across the year.

Non-exam assessment (NEA) 1: Food Investigation

- Introduction to task requirements: investigating the functional and chemical properties of ingredients in dishes such as pastry, bread and batters.
- Choose and analyse the task, researching the topic thoroughly.
- Understand how to carry out a practical investigation into the topic, and complete successfully.
- Develop and refine general practical skills such as knife skills, food preparation skills, using equipment, cooking methods.
- Increase repertoire of complex skills such as jointing a chicken, filleting fish, making ravioli from pasta dough, piping choux pastry accurately.
- Analyse the results of this investigation and evaluate approaches used.

Non-exam assessment (NEA) 2: Food Preparation

- Introduction to task requirements: cooking dishes for a particular dietary group, life stage or culinary tradition.
- Choose and analyse the task, researching the topic thoroughly.
- Demonstrate a range of technical skills such as showing how dishes can be made from raw ingredients, showing a variety of preparation methods, varied use of equipment and cooking methods.
- Record technical skills in a diary.
- Plan the final menu which should show recipe modification and development, a wide range of technical skills, preparation and cooking methods, use of a range of equipment.
- Create and follow a time plan in a 3 hour practical exam, ensuring the dishes are made and presented to a high standard.

- Analyse and evaluate the final dishes, showing detailed sensory and technical skill, costing and nutritional analysis.

**Advice to students
for independent
study**

- Use class notes and revision guides to revise the theory work, learning the key terms, drawing mind maps and carrying out the activities as suggested.
- Keep recipe portfolio up to date and practise skills outside of lessons.