



THE JOURNEY OF LEARNING

YR11 GCSE FOOD PREPARATION AND NUTRITION

Food spoilage, growth of moulds, enzymes and yeasts: types and symptoms of bacteria salmonella, e coli, staphylococcus, campylobacter and cross contamination. Types of preservation, chilling/freezing. Covering, jam, PH, bottle, vacuum pack. Packaging functions. Safe storage and date labels, stock rotation. Mis handling creates waste.

Recall PAL, BMR and energy balance. Calculate energy/nutritional values for recipes, meals and individuals. Adapting dishes to meet current dietary guidelines.

Factors affecting food choice Sensory, cost, seasonal, health, culture, occasion, influence of packaging and labelling.

Revision Macro nutrients, micro nutrients, fat soluble and water soluble vitamins. Minerals and trace elements. Healthy eating dietary goals

Year 11 Summer Term 1

Food manufacturing. Technological developments for better health, Fortification. Additives, positives and negatives

Proteins names of essential and non essential amino acids denaturation coagulation, foam, gluten. Use eggs as a visible resource.

Carbohydrates, mono saccharides, di saccharide and poly saccharides, dextrinization, caramelization and how foods decay gelatinisation.

Food Science

GCSE CW submission

Candidate numbers and mark sheets

Year 11 Spring Term 2

Fats, lipids and oils. Essential fatty acids, saturated fats and unsaturated fats. Shortening, aeration, plasticity and emulsification. Demonstrate mayonnaise.

Why food is cooked, Palatability, sensory perceptions, safety. How cooking impacts nutritional values. Recall heat transfer

Adding photographs

Evaluation AO4 Foods compared to others. Customer acceptability. Technical skill. Reflection of task analysis

NEA2

Year 11 Spring Term 1

Checklist of ingredients, methods and time plans

GCSE Practical examination AO3 select appropriate preparation, cooking and serving techniques. Work safely. Work independently making judgements of sensory properties.

Analysis of results

DIRT time

Mid year assessment Mock GCSE

Revision for mock examination

Ambitions week exploring careers in the food industry.

Food testing Sensory tests range of tests and star profiles with results

Nutritional analysis If applicable

Recipe trials of dishes and accompaniments Write up with reference to task analysis

Shopping list With weights and costs if applicable.

Recipe research

Dovetail plan Hygiene, safety and quality checks timings

Planning the practical

Recipes BBC selection and stages of making

Selection of dishes with reasons for choice

Conclusion Of research

NEA2 AO1 AO2

Year 11 Autumn Term 2

Task analysis and brainstorm

Nutrition Task dependent

Mood board

disassembly

Questionnaire Survey with target group and results

Evaluate and conclude

Carrying out developments

Further research

Developments

research

Nutrition Function source Balanced diets deficiency as applicable

Cooking methods

Testing

Fair testing.

hypothesis

Task analysis and brainstorm of key points.

Year 11 Autumn Term 1

Execution of the practical

Setting up the practical in small samples and with a control.

Planning The task

Research the characteristics, functional and chemical properties if ingredients according to task.

The food investigation

NEA1 September 1

key

	Cultural capital		PSHCE		Careers		Literacy focus		Knowledge and application		DIRT		summative assessment
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