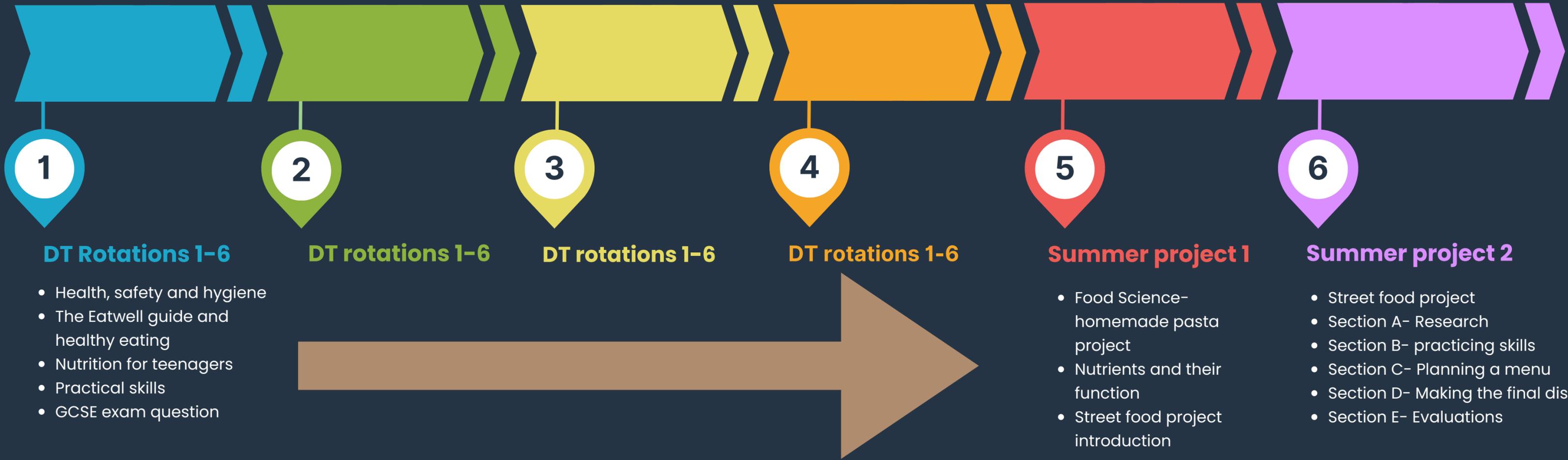


Faculty: DT

Subject Area: Food Preparation & Nutrition

YR9 – FOOD PREPARATION AND NUTRITION



1

DT Rotations 1-6

- Health, safety and hygiene
- The Eatwell guide and healthy eating
- Nutrition for teenagers
- Practical skills
- GCSE exam question

2

DT rotations 1-6

3

DT rotations 1-6

4

DT rotations 1-6

5

Summer project 1

- Food Science- homemade pasta project
- Nutrients and their function
- Street food project introduction

6

Summer project 2

- Street food project
- Section A- Research
- Section B- practicing skills
- Section C- Planning a menu
- Section D- Making the final dish
- Section E- Evaluations

GCSE – FOOD PREPARATIONS AND NUTRITION



Food safety

- Preventing Contamination: Use separate equipment and store raw meat on the bottom shelf.
- Safe Storage: Refrigerate food below 5°C and chill leftovers quickly.
- Personal Hygiene: Wash hands thoroughly and wear a clean apron.
- Cooking and Reheating: Cook food to a core temperature of 75°C.
- Allergens: Understand the 14 major allergens and prevent cross-contamination.

Food, nutrition and health

- Nutrients: Understand the functions, sources, and effects of excess or deficiency of all nutrients.
- Energy and Diet
- Nutritional Needs: Recognise how nutritional requirements change throughout different life stages and for specific dietary groups.
- Diet and Health: Understand the link between diet and common health conditions.
- The Eatwell Guide

Food Science

- Sensory Properties: How food looks, smells, tastes, feels, and sounds.
- Chemical Reactions: How ingredients change when heated or mixed.
- Physical Changes: How food changes shape or state (e.g., melting).
- Food Spoilage: Why food goes bad and how to prevent it.
- Food Preservation: Methods used to keep food safe and fresh longer.

Food choice

- Personal Preferences: Taste, texture, smell, and appearance influence what we like to eat.
- Lifestyle
- Cost & Income
- Culture & Religion
- Ethics & Environment
- Health & Medical Needs: Allergies, intolerances, and health goals influence food selection.

Food provenance

- Food Sources: Where food comes from.
- Farming Methods
- Food Miles: The distance food travels from its source to the consumer.
- Seasonality: How the time of year affects the availability and cost of fresh produce.
- Sustainability
- Food Processing

Mock NEA 1 and 2

- Food investigation task to include independent research, practical investigations and evaluations.
- Food preparation task to include research, planning a menu, executing practical skills and evaluation.

GCSE – FOOD PREPARATIONS AND NUTRITION



7

Food preparation skills

- The beginning of year 11 will include some recap into the practical skills and an overview of how to adapt dishes to include complex skills.

8

NEA 1: Food investigation

- Task Analysis: Students will be given a specific task to investigate a food science principle (e.g., the effect of different types of sugar on cake texture).
- Research: Research the functional and chemical properties of the ingredients involved.
- Hypothesis
- Practical investigations
- Analysis & Evaluation: Analyse the results using scientific terminology, explain what happened and why, and evaluate the investigation's success.

9

NEA 2: Food preparation

- Task Analysis & Research: Analyse the brief, which focuses on a specific dietary need or culinary tradition.
- Skill Development: Plan and practice a range of technical cooking skills, often through trial dishes, to master a variety of complex techniques.
- Final Menu Planning: Create a detailed plan for the final practical assessment, including a three-course menu of three dishes that showcase a range of technical skills.

10

NEA 2 Practical exam

- Time Plan: Create a comprehensive, logical time plan for the three-hour practical assessment, detailing every step and minute.
- Practical Assessment: Execute the time plan to prepare, cook, and present the three final dishes within the three-hour time limit.
- Evaluation: Evaluate the final dishes based on their appearance, sensory properties, nutritional content, and link it back to the original task.

11

Revision

- Remaining time will be for revision and revisiting topics to prepare for the examination.

12

Examination

A 1 hour 45 minute GCSE exam. This covers the five topics done in Year 10 and is out of 100 marks. The first 20 questions are multiple choice and then a variety of 6, 8 and 12 mark questions.