



Food and Nutrition Department

Long-term sequencing Year 10 GCSE

INTENT: Prior knowledge at KS3 Pupils will build upon prior learning from National Curriculum Design and Technology and, in particular, the subject content of cooking and nutrition. They will enhance their knowledge and understanding of what constitutes a healthy, balanced diet and good nutrition. This includes the Eatwell Guide, energy balance and the role of nutrients in a balanced diet. Before the start of the course they should already have developed a range of different practical skills and made a repertoire of predominantly savoury products which meet current guidelines for healthy eating. Food hygiene and safety is to be taught as an integral part of every lesson when preparing, cooking and serving foods.

Students will demonstrate effective and safe high-level cooking skills by planning, preparing dishes using a variety of cooking techniques and equipment.

Students will develop knowledge and understanding of the functional properties, chemical processes and nutritional content of foods.

Students will understand the relationship between diet, nutrition and health, including the physiological and psychological effects of different diets and health.

Teachers have the flexibility of specifying an individual recipe for a whole class to make or giving restricted choice from a selection of one or more of the recipes from the suggested range of practical outcomes listed. All the activities and lessons can be easily adapted to cater for different dietary needs, reduce costs and timings. There will be opportunities for demonstrations, paired work and small group work if and when appropriate.

HALF TERM 1: Food safety

STUDENTS MUST KNOW;

- the summary of assessment- examination components (NEA1, NEA2, written exam).
- GCSE 20 skills tracker
- Food safety- Micro-organisms: yeasts, moulds, bacteria and their growth conditions/enzymes in food spoilage/ enzymic browning/control the different types of food poisoning bacteria/symptoms of food poisoning/preservation techniques

HOW THIS WILL BE ASSESSED:

- End of unit/ topic assessment
- Self- peer assessment
- Retrieval
- Exam questions
- Verbal feedback
- Teacher Q&A

HALF TERM 2: Food, diet and health

STUDENTS MUST KNOW:

- Nutrition and health
- Eatwell guide
- Energy balance
- Nutritional analysis
- Carbohydrates- sugars, starches and fibre
- Proteins- HBV and LBV proteins, protein complementation
- Fat- saturated, monounsaturated and polyunsaturated fats
- Vitamins, minerals and trace elements- fat soluble and water-soluble vitamins

HOW WILL THIS BE ASSESSED:

- End of unit/ topic assessment
- Self- peer assessment
- Retrieval
- Exam questions
- Verbal feedback
- Teacher Q&A

HALF TERM 3: Factors affecting food choice

STUDENTS MUST KNOW:

- Factors which influence food choice – cost/ religious, cultural and ethical reasons
- Food labelling and marketing influences
- British food choices
- International cuisine/Culinary traditions
- How to make informed choices for a varied and balanced diet
- Sensory evaluation

HOW WILL THIS BE ASSESSED:

- End of unit/ topic assessment
- Self- peer assessment
- Retrieval
- Exam questions
- Verbal feedback
- Teacher Q&A

Stuart Bathurst Catholic High School

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| <p>HALF TERM 4: food science and cooking methods</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none">• Why food is cooked Cooking of food• How heat is transferred to food• How to select appropriate cooking methods• The functional and chemical properties of food- Carbohydrates• Functional and chemical properties of food - Proteins• Functional and chemical properties of food - Fats and oils• Functional and chemical properties of food - Raising agents <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none">• End of unit/ topic assessment• Self- peer assessment• Retrieval• Exam questions• Verbal feedback• Low stake quizzing• Teacher Q&A | <p>HALF TERM 5: Mock NEA Task 1: Food Investigation</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none">• How to analyse the task• How to conduct practical experiments and investigations• How to analyse and interpret results of the investigative work• How to evaluate• How to write a hypothesis with justification <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none">• Mock NEA Task 1: Food Investigation• Reviewing coursework grading and assessment• Self/peer assessment• Verbal feedback• Low stake quizzing• Teacher Q&A | <p>HALF TERM 6: Mock NEA task 2: Food Preparation Assessment</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none">• How to conduct researching based on the brief• How to demonstrate high technical skills based on the 20 GCSE skills• How to plan for the final menu• How to write a dovetailed time plan• How to write a detailed analysis and evaluation <p>HOW WILL THIS BE ASSESSED</p> <ul style="list-style-type: none">• Mock NEA Task 2: Food Preparation Assessment• Reviewing coursework grading and assessment• Self/peer assessment• Verbal feedback• Low stake quizzing• Teacher Q&A |
| <p>Home learning set will consist of a combination of: Seneca learning, exam questions, revision materials, GCSE pod assignments</p> | | |

Food and Nutrition Department

Long-term sequencing Year 11 GCSE

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Teachers have the flexibility of specifying an individual recipe for a whole class to make or giving restricted choice from a selection of one or more of the recipes from the suggested range of practical outcomes listed. All the activities and lessons can be easily adapted to cater for different dietary needs, reduce costs and timings. There will be opportunities for demonstrations, paired work and small group work if and when appropriate.

HALF TERM 1: NEA 1- Food Investigation

STUDENTS MUST KNOW:

- the chemical and functional properties and of the food selected by the exam board for the NEA 1 task investigation task
- how to plan and carry out a fair test
- how to accurately record results in different formats
- How to analyse and evaluate recorded results
- What a hypothesis is and how to write one

HOW THIS WILL BE ASSESSED:

- Teacher assessed towards final exam grade

HALF TERM 2: NEA 2 Food Preparation Task- planning

STUDENTS MUST KNOW:

- Recap of key information relating to the task by the exam board for NEA 2
- Identification of dishes which demonstrate high, medium and low skills and techniques in the practical
- Recap of nutritional needs
- Understanding of sensory characteristics, seasonality and food provenance

HOW THIS WILL BE ASSESSED:

- Teacher assessed on practical skills and dishes

HALF TERM 3: NEA 2 Food Preparation Task- planning

STUDENTS MUST KNOW:

- How to write a detailed dovetailed time plan
- Key hygiene and safety principles
- Trial skills and dishes
- How to select appropriate cooking methods
- Demonstrating technical skills
- Planning for the final menu

HOW THIS WILL BE ASSESSED:

- Teacher assessed on practical skills and dishes

Stuart Bathurst Catholic High School

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| <p>HALF TERM 4: NEA 2 Food Preparation Task assessed practical</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none">• Knowledge of appropriate portion control and relevant presentation and styling techniques when presenting dishes• The use of equipment in school to complete practical tasks• Sensory analysis and the use of tasting panels• How to analyse the dishes and evaluate the task with suggested improvements <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none">• Teacher assessed towards final exam grade | <p>HALF TERM 5: Revisiting topics for revision based on QLA</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none">• Revision on topics areas based on QLA• Recap knowledge of command words• Exam technique• Allow time for reteach <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none">• Self- peer assessment• Retrieval• Exam questions/purple pen• Verbal feedback• Teacher Q&A• Low stakes quizzing | <p>HALF TERM 6: Revisiting topics for revision based on QLA</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none">• Revision on topics areas based on QLA• Recap knowledge of command words• Exam technique• Allow time for reteach <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none">• Self- peer assessment• Retrieval• Exam questions/purple pen• Verbal feedback• Teacher Q&A• Low stakes quizzing• Exam: Written exam: 1 hour 45 minutes |
| <p>Hone learning set will consist of a combination of: Seneca learning, exam questions, revision materials, GCSE pod assignments</p> | | |