



KS4 Curriculum Overview - Food Preparation and Nutrition

Your child will develop their knowledge, skills and understanding of food commodities and their provenance, nutrition and food science through practical application of their learning.

Term	Year 10	Year 11
Autumn 1	Dairy products: - Fats, Nutrition and health - Sensory testing - Manufacture of cheese and yoghurt - Use of dairy products in cooking	Sugars and sweeteners and NEA 1: - Manufacture of sugars and sweeteners - Properties of sugars and sweeteners - Introduction to the NEA 1 task and research
Autumn 2	Cereals: - Carbohydrates -nutrition and health - Primary processing of wheat, storage and safety - Sauce making and gelatinisation - Bread making and pastry skills	NEA 1 and NEA 2 : - NEA 1 practical investigation - NEA 1 analysis and evaluation - NEA 2 introduction to the task and research
Spring 1	Meat, poultry and eggs: - Proteins, nutrition and health - Science of cooking meat - Meat, poultry and eggs provenance - Meat preparation and cooking skills	NEA 2: - Research and trial ideas - Practical exams
Spring 2	Fish and alternative proteins: - Provenance and nutrition of fish - Sources of alternative proteins and their value in modern society - Fish preparation skills	NEA 2 and revision: - Analysis and evaluation - Revision of key topics - Nutrients
Summer 1	NEA 2 Food preparation task: - Nutritional needs - Research and trial ideas - Practical mock exam - Analysis and evaluation	Revision: - Provenance, waste and food security - Spoilage and preservation - Food Science
Summer 2	Fats and Oils: - Structure of fats and oils - Function of fats in pastry - Investigation design and analysis	GCSE Public Examinations

Through the study of food and nutrition your child will be expected to develop the following knowledge, skills and understanding:

Research skills	Analysis Skills	Practical Skills
Research is required to prepare students for both the food investigation and the food preparation task	- Analysis of data - Evaluation of practical work	- Cooking a range of dishes - Conducting investigations

Parents can support their child by helping them prepare ingredients for practicals and encouraging them to regularly check Google Classroom for ingredients, homework and coursework deadlines. Assessment revision resources will also be uploaded to the classroom.