CoDA Curriculum

FOOD PREPARATION & NUTRITION GCSE

(AQA)

CITY OF DERBY ACADEMY

Improving the life chances of all students

Students will be taught to…
• demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment • develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks • understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health • understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices • demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food • understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.

Students will be taught and assessed on their ability to…	
AO1	Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.
AO2	Apply knowledge and understanding of nutrition, food, cooking and preparation.
AO3	Plan, prepare, cook and present dishes, combining appropriate techniques.
AO4	Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y10	**Eatwell Guide & nutrients** Sources and functions of macro and micro nutrients, fibre and water. Recommended daily amounts of macro and micro nutrients, fibre and water. Deficiency or excess of each of these. Current guidelines for a healthy diet including the Eatwell plate.	**PAL & BMR, Ages & Stages, Special Dietary Requirements** Factors which affect the Basal Metabolic Rate (BMR). Nutritional analysis using computer software. Nutritional needs of: • children, teenagers, adults & the elderly. • people with specific dietary requirements - lactose intolerance, vegetarians, vegans, coeliac, low sugar, high fibre.	**Dietary illnesses and cooking methods** Factors contributing to: • Obesity • Coronary Heart Disease (CHD)& high blood pressure • bone problems (Rickets & Osteoporosis) • tooth decay • Anaemia • Type 2 diabetes Methods of heat transfer, reasons why food is cooked, cooking methods.	**Scientific Keywords** **Raising Agents** The scientific principles of: • enzymic browning • denaturing Proteins • coagulation • gluten formation e.g making pasta or bread • foam formation e.g making meringues • gelatinisation e.g making a roux-based sauce • dextrinization • caramelisation • shortening e.g pastry making • aeration eg swiss roll • plasticity of fats • emulsification Raising agents, examples of uses for products made with: • chemical raising agents • mechanical action raising agents • using steam as a raising agents • biological raising agents	**Bacteria & Food Safety** **Food Choice** Personal hygiene principles food safety principles when buying, storing, preparing and cooking food. Enzymic action, mould growth & yeast action. Micro-organisms in food production. Symptoms and sources of bacterial contamination and food poisoning. Key temperatures relating to: • freezing • chilling • ‘danger zone’ range • Safely cooking meat • Safely heating Interpreting information visible on food packaging. Costing and modifying recipes. Sensory analysis, sensory testing methods. Factors influencing food choice – lifestyle, consumer choice, religions, ethical and moral beliefs, food intolerances, marketing. Definition of a cuisine - different characteristics, distinctive features and cooking methods.	**Food Provenance** **Food and farming:** Differences between organic and conventional farming, free range production, advantages/disadvantages of intensive farming, sustainable fishing, local and seasonal goods, Genetically Modified (GM) foods. **Environment:** Reducing food waste, effects of food packaging on the environment, reducing personal carbon footprint, calculating food miles **Sustainability:** Climate change, global warming, sustainability of food sources, drought & flooding and how it may affect food commodities **Technological developments:** Cholesterol lowering spreads, fortified foods, the use of additives (colourings, emulsifiers, stabilisers, flavourings and preservatives) **Food Production:** Primary processing related to rearing, fishing, growing, harvesting and cleaning of commodities, the process of milling wheat into flour, heat treatments of milk, secondary processing e.g flour into bread, milk into cheese, fruit into jams, vitamin loss through heat and drying.
	Practical tasks A range of selected practical tasks, usually weekly, to enable students to practise and demonstrate the range of skills and techniques required by the GCSE. These include (but not limited to): knife skills, presentation techniques , weighing and measuring, testing for readiness, use of equipment (eg blender, pasta machine, food processor), use of different cooking methods, rolling out, shaping, coating, sauce making, dough making (eg bread, pasta, pastry), use of various raising agents, setting mixtures. Students will initially be given ingredients lists to supply their own ingredients. As the year progresses, students are expected to be increasingly independent and source (with guidance) their own recipes to fit the topics being studied.					

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y11	**NEA 1: Food investigation (30 marks)** This is an investigation into the working characteristics, functional and chemical properties of ingredients. Students will research, plan and complete investigations into a context set by the exam board. The sections of this piece of work are: A. Research (6 marks) B. Investigations(15 marks) C. Analyse and evaluate (9 marks) Due in before October half term.	**Revision for mock exam** **NEA 2 Food preparation assessment (70 marks)** Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the task will be assessed. Students will research and plan 3 dishes which fit the context provided by the exam board. They will trial up to 4 skills before they decide on their final menu. Prepare, cook and present a final menu of three dishes within a single period of three hours, planning in advance how this will be achieved. The sections of this piece of work are: A. Research (6 marks) B. Skills trials (18 marks) C. Planning for the final menu (8 marks) D. Making the final dishes (30 marks) E. Analyse and evaluate (8 marks) Due in before February half term.	**Exam Preparation** Revision of all topics studied in year 10 to include any gaps in knowledge. Pupils will use a variety of revision techniques including online tools, quizzes, demonstrations and past papers. Online tools include: www.Illuminate.digital/aqafood username: SCITYOFDERBY3 password: STUDENT3 www.senecalearning.com search for 'food' and pick Food Preparation and Nutrition: AQA GCSE	**Final written exam (100 marks).** 1h45m written exam. Section A: 20 multiple choice questions, 20 marks Section B: 80 questions, a mixture of short and long answers, 80 marks.	**NEA 1: Food investigation (30 marks)** This is an investigation into the working characteristics, functional and chemical properties of ingredients. Students will research, plan and complete investigations into a context set by the exam board. The sections of this piece of work are: D. Research (6 marks) E. Investigations(15 marks) F. Analyse and evaluate (9 marks) Due in before October half term.	**Revision for mock exam** **NEA 2 Food preparation assessment (70 marks)** Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the task will be assessed. Students will research and plan 3 dishes which fit the context provided by the exam board. They will trial up to 4 skills before they decide on their final menu. Prepare, cook and present a final menu of three dishes within a single period of three hours, planning in advance how this will be achieved. The sections of this piece of work are: F. Research (6 marks) G. Skills trials (18 marks) H. Planning for the final menu (8 marks) I. Making the final dishes (30 marks) J. Analyse and evaluate (8 marks) Due in before February half term.