

**Year 11 Food Preparation and Nutrition
Curriculum Map**

	Project	What will I learn?
Term 1	GCSE Controlled Assessment/ Investigation into a key ingredient/ commodity (10 hours)	<p><u>Knowledge and theory food provenance</u></p> <ul style="list-style-type: none"> • Where food comes from - grown, reared and caught food • waste food and packaging • food miles and carbon footprint • Global food production • Primary and secondary processing <p><u>NEA1 investigation</u></p> <ul style="list-style-type: none"> • Task introduction – investigate a key commodity • Hypothesise • Research into chosen commodity • Investigate commodity • Analyse commodities - what did you find? • Evaluation - summarise what you found in comparison to your hypothesis.
Term 2	GCSE Controlled Assessment Food preparation assessment. (20 hours; including a 3 hour practical)	<p><u>NEA 2 practical</u></p> <ul style="list-style-type: none"> • Researching the task <ul style="list-style-type: none"> o analyse task o research the background information o Select dishes to demonstrate technical skill • Demonstrating technical skills <ul style="list-style-type: none"> o consider ingredients and method o demonstrate a range of technical skills o sensory evaluation of dishes • Planning the final menu <ul style="list-style-type: none"> o final dishes o produce a time plan o complete sensory evaluation sheet o justify chosen dishes – skills, nutrition, ingredients, cooking methods, food provenance, sensory properties and portion size • Making the final dish • Analyse and evaluate • Sensory analysis • Costing • Nutritional analysis of final menu • Identify improvements for each if the final dishes.
Term 3	Revision for the Summer Exam	<ul style="list-style-type: none"> • Food Nutrition and Health – macro nutrients, micro nutrients, nutritional needs and health • Food Science – cooking of food and heat transfer, functional and chemical properties of food • Food safety – food spoilage and contamination, principles of food safety • Food choice – factors affecting food choice, British and International cuisine, sensory evaluation, food labelling and marketing. • Food Provenance – environmental impact and sustainability of food, food production and processing