

# Food Preparation and Nutrition

**Nutrition isn't about eating it's about learning to live**

We follow the Eduqas GCSE Food Preparation and Nutrition. This covers 6 areas of learning

- Diet and Good Health
- Principles of Nutrition
- Food Commodities
- Science of Food
- Food Provenance
- Cooking and Food Preparation

The basic knowledge and understanding from lower school will be consolidated through a thematic approach focusing on the main food commodity group. As each commodity is studied in detail its nutritional value, provenance, storage and cooking will be studied, this will require students to recall information from year 9 and consolidate their knowledge and understanding.

This will support our students to know more and remember more. Throughout the work on food commodities a range of practical work will be completed with the focus on how to use each commodity safely and with skill to produce a range of food products. There will be a focus on skill level and presentation with dishes to help students develop the skills that will be necessary for the NEA2 element of the GCSE assessment. Experimental work to illustrate how certain commodities behave when they are used is also completed throughout year 10 to prepare students for the NEA 1 element of the GCSE assessment. Assessments will take place at points matched to the school assessment calendar to allow realistic assessment of their progress at the correct time, these assessments will be based on work covered so far and in the main be based on the exam board material and parts of past papers.



### Year 10 Food Preparation and Nutrition Overview

Practical	Practical Skills	Knowledge and Understanding
<p>Maids of honour Vegetable/ Savoury plait Profiteroles Brownies Focaccia bread Stir Fry Jam making NEA 1 type task – enzymatic browning experiment</p>	<p>Pastry making Aeration Lamination Knife skills Handling raw meat Cake making Preserving Boiling</p>	<p>Sensory analysis Cooking methods and heat transfer Macro and micro nutrients Vitamins and minerals Water intake Food Commodities – Fruit and Vegetables. Classification, farming, storage, enzymic browning seasonality, changes in cooking</p>



<p>Shepherds/chicken Pie Spicy couscous Butterfly Chicken Burgers NEA 1 type task – tenderising meat</p>	<p>Mashing Assembly [29] Vegetable preparation Boning Chicken Handling raw meat Tenderising</p>	<p>Food Commodities – Meat and Poultry Types and cuts Structure – cooking and tenderising of meat Nutritional Value Hygienic handling and preparation of meat Rearing – intensive v organic</p>
<p>Fish Stack Fillet a fish</p>	<p>Fileting Vegetable preparation</p>	<p>Food Commodities – Fish Classification Buying and Storing Nutritional value – dietary advice Caught food – fish farms, sustainable food Filleting Fish</p>
<p>Quorn Chilli Lentil Dahl Lentil soup</p>	<p>Use of Protein Alternatives Use of pulses Use of spice</p>	<p>Food Commodities – alternative protein Food (soya, tofu, mycoprotein, beans, pulses, seeds and nuts) Protein types and complementation – nutritional value Provenance Allergies and Intolerances Environmental and Ethical arguments of eating less meat – types of vegetarian</p>
<p>Mini/Pavlova Fruit Tarts</p>	<p>Making Meringue – Foam Use of raw egg Pate Sucre Crème Patisserie Decoration and Styling</p>	<p>Food Commodities – Eggs Types – moral and ethical issues in production Nutritional Value Storage and safety Functions – denaturation, coagulation, foam, emulsification</p>

<p>Panna Cotta Chocolate Mouse Thai green curry</p>		<p>Food Commodities – Dairy Food (milk, cheese, yoghurt) Primary Processing – making it safe to use Secondary processing – making of cheese and yoghurt Enzymes/moulds and their use – cheese Bacteria and their use – Yoghurt</p>
<p>Pasta Enriched Bread – Chelsea Buns  Choux Pasty – profiteroles/eclairs NEA 1 type work – gluten balls</p>	<p>Pasta Enriched bread dough Choux pastry  Piping and decorating</p>	<p>Food Commodities - Cereal Products Types and main uses  Nutritional value – carbohydrates and fibre Primary processing – extraction  Secondary processing Gluten – use, science and intolerance  Science of starch food (dextrinization and gelatinisation) Raising agents in baking</p>

<p>Scotch Egg Pesto and Cheese Tart Muffins</p>	<p>Moulding Pane Deep fat frying Puff pastry Decorating and Styling</p>	<p>Food commodities – fats and oils Types, provenance and characteristics Functions Health benefits and drawbacks</p>
<p>Brandy Snaps</p>	<p>Moulding Piping Spinning Sugar Decorating and Styling</p>	<p>Food Commodities – sugar Types – provenance Health Functions and Science – caramelisation</p>