

KS4 Food Prep & Nutrition Curriculum Overview	Links to KS3		Through creative and practical activities, KS3 taught students the knowledge, understanding and skills needed to access FPN at KS4. The course equipped students with the skills and knowledge of food, diet and health and further developing their practical skills in food preparation and different cooking techniques enabling them to make informed decisions about their own diet and food choice.					
	Intent	Statement of Intent	The GCSE Food Preparation and Nutrition curriculum is designed for students to develop and progress within 5 key concepts of knowledge which underpin our subject; Food, Nutrition & Health, Food Science, Food Safety, Food choice, and Food Provenance. Within the 5 key concepts. These 5 key concepts are progressed in each year, building on prior knowledge. Our knowledge rich curriculum fosters a love of learning and high aspirations in an environment of positive support, whereby students are actively encouraged to reach their full potential.					
		Timeline	Term 1 - 7 Weeks	Term 2 - 7 Weeks	Term 3 - 7 Weeks	Term 4 - 6 Weeks	Term 5 - 5 Weeks	Term 6 - 6 Weeks
		Year Overview	The curriculum is divided into 5 theory topics which are delivered throughout year 10. Practical skills for each topic are developed and assessed alongside end of term assessments. Additional practical skills are taught in order to prepare students for their NEAs in year 11.					
		SOW	Food, Nutrition & Health	Food Science	Food Safety	Food choice	Food Provenance	Practical Skills
		Assessment Type & Unit Focus	Macronutrients: structure, sources, functions, deficiency and excess. DRV's. Proteins, high and low biological value Fats, saturated and unsaturated Carbohydrates: simple and complex Planning for different dietary groups/needs Diet related diseases: CHD, diabetes, obesity, tooth decay BMR and energy requirements Modifying recipes for different dietary needs	Why food is cooked Denaturing Proteins : coagulation, gluten formation, foam formation Gelatinisation e.g. making a roux-based sauce Dextrinization Caramelisation Shortening e.g. pastry making Aeration Action of raising agents, chemical, biological,	Types of micro-organisms and growth conditions the use of micro-organisms in food production High risk foods How to control enzymic action and prevent enzymic browning sources of bacterial contamination main types and symptoms of food poisoning and their different sources temperature control and danger zone for reheating terms 'best before' and 'use by' on labelling	Special dietary needs i.e.. allergies and intolerances Range of factor that affect food choice Diet through life/life stage Costing recipes and nutritional analysis	Where food comes from, reared, caught, grown Farming methods, organic, intensive, free range, GM, fishing Sustainability, global warming, environmental issues, reducing waste, Carbon footprint, food miles Food security Methods of food production, primary and secondary	General practical skills e.g. weighing and measuring, testing for readiness, seasoning Knife skills - Fruit and vegetable preparation Use of cooker Wide range of different cooking methods Prepare, combine, mix, shape ingredients Use of equipment: microwave, blenders etc Sauce making, reduction, roux, emulsion Making dough – bread, pastry, pasta etc Raising agents, yeast, baking powder and steam Setting Mixtures, denature of protein through heat and use of acid, gelatinisation
			<p>The exam and non-exam assessment (NEA) will measure how students have achieved the following assessment objectives.</p> <ul style="list-style-type: none"> • 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 					

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Implementation (Year11)	Year Overview	Students will complete their NEAs in year 11. The NEA 1 investigation is 15% of their overall GCSE grade and will be completed during terms 1 and 2. The NEA 2 is a food preparation task which is 35% of their overall GCSE and will be completed in terms 3 and 4.							
	SOW	NEA 1 (15%)			NEA 2 (35%)		Exam revision (50%)		
	Assessment Type & Unit Focus	Students will investigate the working characteristics and the functional and chemical properties of a particular ingredient through practical investigation. They will produce a report which will include research into 'how ingredients work and why'. Outcome: Written or electronic report including photographic evidence. Assessment: Students produce a report of between 1,500 – 2,000 words. Practical investigations are a compulsory element of this non-exam assessment.			In this task, students will prepare, cook and present a final menu of three dishes to meet the needs of a specific context. Students must select appropriate technical skills and processes and create 3 – 4 dishes to showcase their skills. Outcome: Written or electronic portfolio including photographic evidence authenticating the practical outcomes. Photographic evidence of the three final dishes must be included. Assessment: Students will produce a concise portfolio. Students will prepare, cook and present a final menu of three dishes within a single period of no more than 3 hours. On completion of the making of the final dishes, students will analyse and evaluate the outcomes through sensory testing, nutritional analysis, costing and identify improvements to their dishes.		Students will revise theory learnt in year 10 on the following topics: 1 Food, nutrition and health 2 Food science 3 Food safety 4 Food choice 5 Food provenance Students will sit a 1hour 45minute exam.		
		The exam and non-exam assessment (NEA) will measure how students have achieved the following assessment objectives. <ul style="list-style-type: none"> • 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 							
	Topic Texts	GCSE Food Preparation and Nutrition textbook. BBC Good Food magazine.							
Impact	Year Tracking	Yr 10 RP1:	Yr 10 RP2:	Yr 10 RP3: Yr 10 RP4: PPE	Yr 11 RP1: Yr 11 RP2: PPE	Yr 11 RP3:	Yr 11 RP4:		
	literacy and Numeracy links	Literacy: Researching on the internet, studying from books, recipes, magazines, and websites is essential for GCSE Food and Nutrition. Students must be able to apply their knowledge in order to answer GCSE exam questions. Further to this students should demonstrate planning and evaluate practicals. Numeracy: Students demonstrate numeracy in food by measuring ingredients, temperature control, time keeping, calculating nutritional values, recipe costing and following recipes.							
	How It Is Used / Skills Set Developed / Outcomes	Research skills and evaluation skills - research for mini NEAs Creativity - designing own food menu Independent skills - independent project skills Practical skills - Becoming an independent cook Healthy eating - How to make informed choices about the diet							
	Links to Higher Education	Students will have achieved a GCSE in FPN and will be able to apply this to any application to Sports, science or catering based KS5 qualifications. This course will also prepare the students with the skills and knowledge of healthy eating. Students will be able to go on to study Food science or catering or another sports or science A Level, BTEC art and design course and the skills learnt in their GCSE course will apply to further higher education studies.							
	Careers in the Curriculum	Food and Nutrition can lead into many different avenues of possibilities, the careers that it can lead to range from, chef, dietitian, food scientist, restaurant manager, food manufacturing, nutrition analyst, consumer product manager, food marketing, health, safety and environment officer.							