

HIGHFIELDS SCHOOL

CURRICULUM OVERVIEW 2023-2024



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SUBJECT: GCSE FOOD PREPARATION & NUTRITION

EXAMINATION BOARD: WJEC

AUTUMN TERM - YEAR 10	SPRING TERM - YEAR 10	SUMMER TERM - YEAR 10
<p>Nutrition, Diet and Health Macro and micronutrients, energy requirements, special dietary requirements, planning balanced diets and nutritional requirements through life.</p> <p>Fats and Carbohydrates The scientific functions and characteristics of fats and carbohydrates in foods</p> <p>Practical investigations into the functional properties of fats and carbohydrates to support NEA1 knowledge and skill development.</p> <p>Sensory perception and assessing the sensory qualities of foods.</p> <p>Practical Work - High level skill development</p> <ul style="list-style-type: none">• Short crust pastry (seasonal fruit pie/quiche)• Choux pastry (profiteroles with caramel sauce and honeycomb)• Sweet pastry (lemon tart, creme patisserie tart, lemon meringue pie)• Crème brûlée• Salmon teriyaki with Asian noodles• Flaky pastry (chicken and mushroom pie)• Sauces used in a range of savoury dishes• Lamb koftas	<p>Proteins The scientific functions and characteristics of protein foods. Alternative protein foods</p> <p>Factors affecting food choice The range of factors that influence food choice and how information about food is made available to the consumer.</p> <p>Food commodities - milk, dairy, meat, fish, poultry, eggs and cereals. For each commodity students will learn:</p> <ul style="list-style-type: none">• Food provenance• Sustainability• Primary and secondary processing• Nutritional value of different commodities in the diet• Working characteristics <p>Practical Work</p> <ul style="list-style-type: none">• Homemade pasta dishes• Cheesecake (gelatine)• Meringues• Churros• Paneer tikka• Katsu curry/chicken/tofu• Panna cotta with a range of accompaniments• Knife skills to include vegetable cuts, filleting fish, boning, and portioning a chicken.	<p>Food commodities continued</p> <p>NEA 1 mock assessment Mock NEA - investigating the functional properties of the key ingredients in a named product.</p> <p>Practical Work Food science investigations for practice NEA 1</p>

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ASSESSMENT

Students are assessed for their knowledge and skills in the following areas:

- Making
- Analysing written information
- Scientific application of food knowledge.

Standard Assessments Autumn 1

Written assessment – nutrition and dietary guidelines

Standard Assessment Autumn 2

Practical assessment – choux pastry and written assessment on fats and special dietary requirements

ASSESSMENT

Standard Assessment Spring 1

Written assessment – proteins and alternative protein foods.

Standard Assessment Spring 2

Written assessment - carbohydrates, nutrition, dietary guidelines and energy requirements

ASSESSMENT

Standard Assessment Summer 1

Practice NEA 1 assessment. A food science investigation looking at the functional properties of key ingredients in a named product.

Standard Assessment Summer 2

Year 10 Examination

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AUTUMN TERM - YEAR 11	SPRING TERM - YEAR 11	SUMMER TERM - YEAR 11
<p>Food Safety and Food Spoilage How to prevent the growth of micro-organism in food, methods of preservation and how to store foods safely. The impact of food waste, food poverty and food security (revisiting work from food commodities module).</p> <p>NEA 1- The Food Investigation Assessment 15% of total qualification Students complete a food science investigation - brief set by the examination board.</p> <p>Practical Work High level skill development in preparation for NEA 2 (the student's own choice)</p>	<p>NEA 2- The Food Preparation Assessment 35% of the total qualification Students complete an in-depth NEA based on a brief set by the examination board.</p> <p>Food manufacturing Food modification, GM foods, role of additives in food production, CAD/CAM</p> <p>Practical Work All practical work relates to the NEA 2 brief</p>	<p>Revision for Final Exam Structured revision for all topics</p> <p>Practical Work Practical work is related to revision to reaffirm key revision topics</p>
<p>ASSESSMENT Standard assessment Autumn 1 Written assessment - food spoilage and preservation, food poverty and food waste combined with NEA 1.</p> <p>Standard assessment Autumn 2 Year 11 school examination.</p>	<p>ASSESSMENT Standard assessment Spring 1 Food manufacturing written assessment combined with NEA 2.</p> <p>Standard assessment Spring 2 Past examination paper.</p>	<p>ASSESSMENT GCSE examination.</p>