

**Food Preparation & Nutrition KS4 Curriculum Map**

	Term 1		Term 2		Term 3	
<b>Year 10 THEMES - Food Preparation &amp; Nutrition</b>	<b>Year 10 THEMES - Food Preparation &amp; Nutrition</b>		<b>Year 10 THEMES - Food Preparation &amp; Nutrition</b>		<b>Year 10 THEMES - Food Preparation &amp; Nutrition</b>	
<b>GCSE Food Preparation &amp; Nutrition (EDUQAS)</b>  Areas of Content: <ul style="list-style-type: none"> <li>• Food commodities</li> <li>• Principles of nutrition</li> <li>• Diet and good health</li> <li>• The science of food</li> <li>• Where food comes from</li> <li>• Cooking and food preparation</li> </ul>	Course Introduction - Assessment outline Hygiene and safety Safe Knife techniques Basic Nutrition - Macro/Micro nutrients Intro-Protein/Carbohydrates/Fat Protein/Meat Filleting Chicken/Fish Healthy Eating Guidelines 1 Eggs, Milk and Dairy Foods Related Practical Skills		Alternative Proteins Carbohydrates, Cereals and Bread Rice, Pasta, Flour Sugar/fibre Fats/oils, Fruit/Veg Vitamins/Minerals Sauce making Macro/micro nutrients - complimentary actions Energy/Planning balanced diets Special dietary requirements/Religions/allergies		Calculating energy and nutritional values Adapting recipes, meals and diets Energy Balance Why we cook food Heat transference Revision Lessons and tests	Mock exam preparation.  2 Weeks Work Experience.
<b>Assessment</b>	Assessment 1	Assessment 2	Assessment 3	Assessment 4	Assessment 5	End of Year mock examination
<b>Year 11 THEMES – Food Preparation &amp; Nutrition</b>	<b>EDUQAS Non-Examined Assessment 1</b>		<b>EDUQAS Non-Examined Assessment 2</b>			
<b>GCSE Food Preparation &amp; Nutrition (EDUQAS)</b>  Areas of Content: <ul style="list-style-type: none"> <li>• Food commodities</li> <li>• Principles of nutrition</li> <li>• Diet and good health</li> <li>• The science of food</li> <li>• Where food comes from</li> <li>• Cooking and food preparation</li> </ul>	Conserving nutritive values Modify nutritive value and improve palatability. Positive use of Micro-organisms. Working characteristics, functional, chemical Properties of. NEA 1: The Food Investigation Assessment	When things go wrong and how to remedy them.  Packaging, Sustainability of food, Food poverty, food security, international cuisines, NEA 1: The Food Investigation Assessment	Primary and secondary food processing, Sensory and nutritional properties Technological development, food modifications, NEA 2: The Food Preparation Assessment	Food Choice, Ethical Beliefs and Religions, Portion size and costs, labelling, Developing recipes and meals  NEA 2: The Food Preparation Assessment	GCSE EXAM PREPARATION REVISION PAST PAPERS	
<b>Assessment</b>	Assessment 1	Assessment 2 (NEA 1)	Assessment 3	Assessment 4 (NEA 2)	Assessment 5 (Mock examination)	