



GCSE FOOD, PREPARATION AND NUTRITION LEARNING JOURNEY

Revision

Knowledge organiser, Seneca, practice exam questions, Quizzes, mindmaps



Sept

- Milk processing
- Grain processing
- NEA 1 setup

NEA 1 (15%) Oct – Nov/Dec

- Food Science based coursework
- 10hrs
- Mock exam revision

NEA 2 (35%) Dec- April

- Brief based coursework
- Practical skills examined
- 3hr Practical exam
- 20hrs

AQA 8585

PAPER 1 (50%):
1 hr 45 min



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May - July

Afternoon Tea Project

- High skill dish practice
- Research skills
- Presentation practice

May - July Practical

- Tunnocks Teacake challenge
- Mock NEA 2 Afternoon tea



April – May Practical

- Cooking method experiment
- Mock NEA 1 – Raising agents

Feb – April Practical

- Cooking for children
- Lasagne
- High skill dessert

April - May

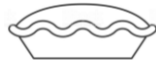
- Cooking Methods – conduction, convection and radiation
- Importance of calcium in the diet
- primary and secondary processing.
- Raising agents
- Meat and fish production



FOOD
PREPARATION
& NUTRITION

Oct – Dec Practical

- Smoothie
- Gluten experiment
- Focaccia
- Mayonnaise
- Mac n cheese
- Meringues
- Brandy Snaps



Sept – Oct Practical

- Naan Bread
- Falafels
- Tagine
- Lemon Tart

Jan – Feb Practical

- Chicken burger
- Risotto
- Marinating recipe
- Gougeres
- Linzer biscuits

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Sept – Oct

- Factors influencing food choice
- Religion – dietary requirements and festivals
- Food culture in different countries
- Food hygiene and food safety
- Nutrition through the life cycle



Oct - Dec

- Nutrition – carbohydrates
- Food science - terminology
- Fermentation
- Pasteurisation
- Emulsification
- Denaturation
- Gelatinisation
- Coagulation



Jan - Feb

- Nutrition - protein
- Different proteins in food – food processing techniques
- Food safety – food poisoning bacteria, HACCP, food law
- Food labelling – making a label, labelling laws.

Feb - April

- Nutrition - fat
- Different fats in food – food processing techniques
- Food labelling – making a label, labelling laws.
- Food Sustainability – how can food be produced sustainably for a long term future.

Each grilled burger (94g) contains

Energy	Fat	Saturated	Sugars	Salt
924kJ	13g	5.9g	0.8g	0.7g
220kcal	11%	19%	<1%	12%

Typical values (as sold) per 100g: Energy 966kJ / 230kcal
of an adult's reference intake