

# GCSE FOOD, PREPARATION AND NUTRITION LEARNING JOURNEY



**YEAR 11 GCSE**

## 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



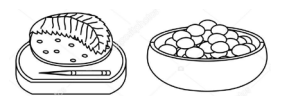
FOOD PREPARATION & NUTRITION

AQA GCSE

**YEAR 10 GCSE**

### 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



### Sept – Oct Practical

- Naan Bread
- Chilli
- Tagine
- Cornish Pasty



### Oct – Dec Practical

- Chicken Burger
- Smoothie
- Pastry dish
- Brandy Snaps
- Christmas Biscuits

### Jan – Feb Practical

- Gluten Experiment
- Focaccia
- Macroni Cheese
- Mayonnaise
- Linzer biscuits

### May - July Practical

- Tunnocks Teacake challenge
- Mock NEA 2 Afternoon tea

### April – May Practical

- Cupcake Experiment
- Lasagne

### Feb – April Practical

- Meringues
- Lemon Tart
- Pasta and Sauce
- Swiss Roll

### Oct - Dec

- Nutrition – carbohydrates, protein and fats
- Vitamins and Minerals
- Different proteins in food – food processing techniques
- Food science - terminology
- Fermentation



### Jan - Feb

- Food safety – food poisoning bacteria, HACCP, food law.
- Food science - terminology
- Emulsification
- Denaturation
- Gelatinisation
- Coagulation

### Feb - April

- Food Sustainability – how can food be produced sustainable for a long term future. Food labelling – making a label, labelling laws.

Each grilled burger (94g) contains

Energy	Fat	Saturated Fat	Sugars	Salt
924kJ 220kcal	13g	5.9g	0.8g	0.7g
11%	19%	30%	<1%	12%

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

### May - July

#### Afternoon Tea Project

- High skill dish practice
- Research skills
- Presentation practice

### April - May

- Food Science NEA Practice
- Cooking Methods – conduction, convection and radiation
- Nutritional Analysis
- MOCK EXAM

