CURRICULUM PLAN

D&T FOOD PREPARATION & NUTRTION

BRAMHALL HIGH SCHOOL

Curriculum Intent

YEAR 10

The Food Preparation and Nutrition qualification aims to equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The qualification will encourage learners to cook and make informed decisions about a wide range of further learning, opportunities and career pathways as well as develop life skills that enable learners to feed themselves and others affordably, now and in later life.
The heart of our qualification is the development of strong practical cookery skills and techniques as well as a good understanding of nutrition. We believe that learners who learn to cook well are more likely to make better food choices and understand healthy eating. Learners will discover the essentials of food science, nutrition alongside learning how to cook. In addition to this, learners will understand the huge challenges that we face globally to supply the world with nutritious and safe food. This qualification is another step towards creating a healthier society and improving the nation's cooking skills as well as setting some learners on the path to careers in the food and hospitality industries.

YEAR 11

The GCSE consists of 2 elements, 50% being the written examination and the other 50% is split into 2 pieces of coursework. The first NEA1 coursework is a science-based food experiment where students conduct tests, analyse and evaluate all the results. This is worth 15% of the final GCSE mark. The title and theme for this piece of work changes each year and is released by the exam board in September of Year 11. To help students prepare for this they will complete a mock NEA 1 in the summer of Year 10.
The second coursework is NEA2 and is a food practical exam consisting of planning and making three dishes in 3-hour exam conditions and worth 35% of final grade. They will also produce an accompanying folder documenting the planning and evaluation of this practical. To help them prepare for this element students will practice a range of high-level skills through Year 10 in weekly practical lessons. These will help them to refine their presentation skills as well as their ability to plan dishes and work to a set time in the kitchen. The theme for NEA 2 also changes each year. This is set by the exam board and released in November of Year 11.

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CURRICULUM PLAN – D&T FOOD PREPARATION & NUTRITION

YEAR 10

Term	Programme of Learning	Links to the Specification	Assessments	What extra learning opportunities are planned?	Disciplinary Literacy
Term 1a	The role of time, temperature, moisture and food availability Natural decay, enzyme action and yeast production Types of micro-organisms and key points Labelling and date marks / Visual checks /Reputable supplier Types of storage and how to store foods correctly Labelling and date marks Visual checks Reputable supplier Preventing cross contamination and food poisoning: direct and indirect methods High-risk foods, critical temperatures Revision – Section C	**Section C: Cooking and Food Preparation** Topic 3: Food Spoilage.	**Practical Assessment:** Advanced knife skills - Chicken filleting Chicken Chow Mein Sauce and bread making - Macaroni cheese and garlic bread **Theory Assessment:** End of unit assessment. Students are assessed using past exam questions	Open evening – support our visitors	Bacterial growth Micro-organisms Danger zone Spoilage Contamination Food poisoning Critical
Term 1b	Macronutrients Protein: Types and structure: High biological value (HBV) and low biological value (LBV), Functions and deficiency Animal and vegetable Fat: Types and structure: fats and oils (saturated, unsaturated and polyunsaturated) Functions and	**Section A: Nutrition** Topics 1-10 The relationship between diet and health	**Practical Assessment:** Bread making – Christmas bread star Pastry Making – Cornish Pasty	Yule-time log competition	Nutrition Dietary Macronutrients Micronutrients Deficiency Excess Function

	deficiency. Animal and vegetable: visible and invisible Carbohydrates: Sugar: monosaccharides, disaccharides, starch: complex carbohydrates and fibre Functions and deficiency Sugar, starch and fibre Micronutrients Vitamins: Fat soluble vitamins: A (retinol and carotene), D, E, K Water soluble vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B9 (Folate/Folic acid), B12 (cobalamin), C (ascorbic acid) Functions and deficiency. Food sources of vitamins Minerals: Calcium, iron, sodium, fluoride, iodine, phosphorus. Functions and deficiency. Foods that supply minerals Water: Functions and deficiency. Recommended guidelines for daily intake of water Sources and foods that give us water. Revision – Section A	Nutritional and dietary needs of different groups of people Nutritional needs when selecting recipes for different groups of people Energy balance Macronutrient: Protein/Fat/Carbohydrates Micronutrients: Vitamins and Minerals The importance of water	**Theory Assessment:** End of unit assessment. Students are assessed using past exam questions		Vitamin Mineral Trace Hydration
Term 2a	Technological developments to support better health and food production Fortification: The advantages and disadvantages of fortification Use of additives: Preservatives, colourings, flavourings and sweeteners, emulsifiers and stabilisers and thickeners, antioxidants New and emerging foods: Probiotics and prebiotics Food processing and production Primary stages of food processing Secondary stages of food processing and production	**Section B: Food provenance and Food choice** Topics 1-6 Food provenance Food processing and production	**Practical Assessment:** Bread shaping – Pizza Fish Filleting – Fish cakes **Theory Assessment:** End of unit assessment.		Fortification Additives Emerging Processing Primary Secondary Provenance Moral Ethical Environmental Characteristics

	Food processing and preserving methods: industrial and domestic FOOD PROVENANCE: Food sources and how they are: a) grown: cereals, sugars, fruits and vegetables b) reared: meat and poultry c) caught: fish Food security: The impact of food and food security on society, local and global markets and the environment Moral/ethical and environmental issues involved in food production Food Choice Personal, social and economic factors, medical reasons Religious and cultural beliefs Ethical and moral beliefs Development of culinary traditions Features and characteristics of individual cuisines Revision – Section B	Technological developments to support better health and food production Development of culinary traditions Food security Food choice	Students are assessed using past exam questions		Preservatives emulsifiers and stabilisers and thickeners, antioxidants Sustainability
Term 2b	The reasons why food is cooked Heat transfer through cooking methods How preparation and cooking methods/processing - affect the nutritional value - improve the sensory properties - Working characteristics and the functional and chemical properties of ingredient groups	**Section C: Cooking and food preparation** Food Science Topic 1	**Practical Assessment:** Dovetailing recipes: Lasagne/Coleslaw and homemade mayonnaise Gluten development: Chelsea buns		Digestible Palatable Conduction Convection Radiation Enrichment Gelatinisation Dextrinization Caramelisation Shortening Aeration Plasticity

	Revision – Section C		**Theory Assessment:** Mini science investigation – aeration/coagulation and denaturing Meringue practical End of unit assessment. Students are assessed using past exam questions.		Emulsification Coagulation Gluten formation Denature Enzymic browning Oxidisation
Term 3a	Raising agents: yeast, chemical agents, air and steam Fruit and vegetables: enzymic browning/oxidisation The senses (organoleptic properties) Sensory systems Preferential and sensory testing panels **Mock NEA 1** • Research and planning of science investigation • Scientific investigation into the functional and chemical properties of a commodity/ingredients. • Analysis of investigation • Evaluation of investigation Revision – Section A,B and C	**Section C: Cooking and Food Preparation** Topic 1 & 2 Food Science Sensory properties	**Practical Assessment:** NEA mock practical – students to plan and prepare 2 courses and present within 2 hours. Homemade pasta dish – Students will work at their own skill level to shape pasta: Tagliatelle/Ravioli or Tortellini **Theory Assessment:** Mock NEA 1	College visit	Research Planning Investigation Prediction Hypothesis Functional properties Chemical properties Adaptations Quality control Quality assurance Observation Conclusion Interpretation

Term 3b	Nutritional content of each commodity group: Bread, rice, potatoes, pasta and other starchy foods Fruit and vegetables Milk and dairy foods Meat, fish, eggs, beans and other non-dairy sources of protein Foods and drinks high in fat and/or sugar **Mock NEA 2** • Students given a design brief and have to analyse and identify a range of suitable dishes. • Prepare for production- commodities list/time plan/hygiene and safety/quality control. • Prepare 2 courses suitable for a given consumer • Sensory analysis of prepared dishes • Evaluation Revision – Section A	**Section A: Nutrition** Topic 11 Nutritional content of the main commodity groups	**Practical Assessment:** NEA mock practical – students to plan and prepare 2 courses and present within 2 hours. Homemade pasta dish – Students will work at their own skill level to shape pasta: Tagliatelle/Ravioli or Tortellini **Theory Assessment:** Mock NEA 2		Nutritional content Commodity Starchy foods Analysis Justification Production Quality control Consumer Sensory

YEAR 11

Term	Programme of Learning	Links to the National Curriculum / Specification / Additional	Assessments	What extra learning opportunities are planned?	Disciplinary Literacy
Term 1a	**CONTROLLED ASSESSMENT** **NEA 1** • Planning • Investigation • Analyse • Evaluate Revision – Section A,B and C	NEA 1	NEA 1 Assessment	Coursework intervention Revision intervention	Revisit all disciplinary literacy covered during Year 10
Term 1b	**CONTROLLED ASSESSMENT** **NEA 2** • Planning • Method of Working	NEA 2	NEA 2 Assessment	Coursework intervention Revision intervention	Revisit all disciplinary literacy covered during Year 10

Term 2a	**CONTROLLED ASSESSMENT** **NEA 2** • Skills and Cooking • Presentation • Evaluation Revision – Section A,B and C	NEA 2	NEA 2 Assessment	Coursework intervention Revision intervention	Revisit all disciplinary literacy covered during Year 10
Term 2b	**REVISION - SECTION A/B/C**	Section A/B/C All topics	Practice papers	Yr11 have tailored revision lessons to prepare them for their exam whilst exploring gaps in learning.	Revisit all disciplinary literacy covered during Year 10
Term 3a	**REVISION - SECTION A/B/C**	Section A/B/C All topics	Practice papers	Yr11 have tailored revision lessons to prepare them for their exam whilst exploring gaps in learning.	Revisit all disciplinary literacy covered during Year 10