

GCSE Food Preparation and Nutrition

To prepare students for the GCSE in Food Preparation and Nutrition by giving them the opportunities to develop practical skills and gain a basic level of knowledge and understanding of nutrition and healthy eating which will also equip them with the ability to make informed decisions with regards to food choices throughout their lives.

Planning	Content	Skills	Rationale / Link to Level 2 course
Autumn 1 st	Cakes and biscuits	<p>Students will be taught about the function of ingredients in these different methods of cake/ biscuit making.</p> <ul style="list-style-type: none"> ○ All-in-one method – Victoria sponge ○ Creaming method – Cup Cakes ○ Rubbing in method – Scones ○ Biscuits ○ Shortbread <p>The following skills and techniques will be addressed:</p> <ul style="list-style-type: none"> ● Weighing and measuring ● Preparation of ingredients and equipment ● Use of equipment ● Using the oven ● Use of raising agent ● Make a dough ● Shaping and finishing a dough ● Test for readiness 	<p>The choice of dishes allows students to study a range of foods from the following commodity groups, as stated in the specification:</p> <ul style="list-style-type: none"> ● bread, cereals, flour, oats, rice, potatoes, pasta ● fruit and vegetables (fresh, frozen, dried, canned and juiced) ● milk, cheese and yoghurt ● meat, fish, poultry, eggs ● soya, tofu, beans, nuts, seeds ● butter, oils, margarine, sugar and syrup <p>These dishes reflect the current recommended guidelines for a healthy diet, e.g. reduction of sugar intake.</p> <p>The complementary theory work will teach students the working characteristics of each commodity.</p> <p>The commodities will be taught in this order to allow students to build up the skills and techniques needed to be able to prepare and make a range of dishes demonstrating increasingly difficult levels of skill.</p> <p>This range of skills will prepare students for practical work in year 10</p>
Autumn 2 nd	Pastry	<p>Students will be taught about the function of ingredients in these different methods of pastry making.</p> <ul style="list-style-type: none"> ○ Shortcrust – Savoury Pie ○ (Working with) filo – Fruit cups ○ Choux - Chocolate eclairs ○ (Working with) puff – Mince Pies <p>The following skills and techniques will be addressed:</p> <ul style="list-style-type: none"> ● Weighing and measuring ● Preparation of ingredients and equipment ● Use of equipment ● Using the oven ● Set of a mixture – removal of heat (gelation) ● Make a dough ● Shaping and finishing a dough ● Test for readiness 	
Spring 1 st	Fruit	<p>Students will be taught about the function and source of nutrients in fruit.</p> <ul style="list-style-type: none"> ○ Fruit salad ○ Fruit flan ○ Summer fruit pudding ○ Lemon meringue pie ○ Fruit cake <p>The following skills and techniques will be addressed:</p> <ul style="list-style-type: none"> ● Knife skills ● Prepare fruits and vegetables ● Weighing and measuring ● Preparation of ingredients and equipment 	

		<ul style="list-style-type: none"> • Using the oven • Making sauces • Set of a mixture – removal of heat (gelation) • Set a mixture – heating (coagulation) • Test for readiness 	and NEA work in year 11 where they have to select appropriate preparation, cooking and serving techniques when producing dishes.
Spring 2 nd	Vegetables and Salad	<p>Students will be taught about the function and source of nutrients in vegetables.</p> <ul style="list-style-type: none"> ○ Salad and dressing ○ Coleslaw ○ Vegetable soup ○ Cauliflower cheese ○ Lasagne ○ Roast vegetable risotto <p>The following skills and techniques will be addressed:</p> <ul style="list-style-type: none"> • Knife skills • Prepare fruits and vegetables • Weighing and measuring • Preparation of ingredients and equipment • Use of equipment • Using the oven • Making sauces • Set a mixture – heating (coagulation) 	<p>Students will also be introduced to basic nutrition – building on their work from years 7 & 8 (Eatwell Guide and Dietary Goals) and preparing them for the more complex principles of nutrition to be studied in Yr10.</p> <p>Other topics will be ‘dipped into’ to provide a basic introduction and develop terminology that will provide the foundation for the further studies of:</p> <ul style="list-style-type: none"> • Food waste • Food miles • Primary and secondary food processing <p>Students will also develop a range of sensory evaluation techniques, how to set up tasting panels for preference testing and how to use sensory descriptors appropriately. This again, builds on work from Years 7 & 8 and prepares them for the evaluation and analysis elements of NEA work.</p>
Summer 1 st	Bread	<p>Students will be taught about the scientific principles involved with bread making.</p> <ul style="list-style-type: none"> ○ Bread and butter pudding ○ Basic bread ○ Bread shapes ○ Fast focaccia ○ Calzone ○ Iced Fingers ○ Chelsea buns <p>The following skills and techniques will be addressed:</p> <ul style="list-style-type: none"> • Weighing and measuring • Preparation of ingredients and equipment • Using the oven • Use of raising agent • Make a dough • Shaping and finishing a dough • Test for readiness 	
Summer 2 nd	Focused science investigations – methods of heat transfer	<ul style="list-style-type: none"> • Conduction • Convection • Radiation 	After having learnt how to cook a range of dishes using a range of skills, students will be introduced to the initial science behind these processes and learn how heat is transferred to food through conduction, convection and radiation and how and why the production of some dishes rely on more than one method of heat transference.