



# Food, Preparation and Nutrition CURRICULUM MAP

**TRIAL EXAMS**

**EXAMS**

**CAREER PATHS**

Nutritionist, Food product development scientist, Chef, Dietician, Catering manager, Food labelling specialist,

**SKILLS**

Balancing meals, practical skills, analysing diets, planning diets for different groups, communication, teamwork, temperature control, food safety,

NEA 2 – dishes suitable for: the elderly, increase iron, Street food.

Technical practical sessions developing dishes

3 hour practical examination costing and analysis

Revision and exam technique. Paper 1: Food preparation and Nutrition.

Exam technique and how to improve on Mock 1

**TRIAL EXAMS**

**End of Year Assessment**

Your first insight into NEA 1

Your first insight into NEA 1

**YEAR 11**  
A01  
A02  
A03  
A04

Diet and health, data style questions. How to answer them

What are the differences between primary and secondary processing?

Design and make 3 dishes suitable for.... Include research and practical skills

Plan an investigation to determine the function of ingredients in....

Food production has a major affect on our environment, how can we reduce the negative impact?

**ASK:** What is meant by: coagulation, gelatinisation, emulsification?

**Assessment**

**End of Year Assessment**

**ASK:** what are the differences between ranking, rating and preference tests?

How does a diet effect health? How can we help prevent obesity, CHD, diabetes?

Food science, how does this influence how a dish is produced?

What are the different types of raising agents? How are they produced?

What conditions are required for bacterial growth? How do we prevent it?

**YEAR 10**  
A01  
A02  
A03  
A04

What factors influence the foods we choose to eat?

Food development How does hedonic, sensory testing help marketing a new product?

**ASK:** Can you plan and prepare a dish that meets their needs?

**End of Year Assessment**

Your first practical assessment

Micro Nutrients, what are they? What do they do?

Healthy eating, what is it?

What are the 8 Dietary guidelines?

**YEAR 9**  
A01  
A02  
A03  
A04

What is meant by Food provenance?

Food science, methods of cooking. What are they and how do they effect the nutrients?

Design and make a well presented cheese straw

Macronutrients What are they? Where are they found? What do they do?

**ASK:** Can you adapt a dish to include complimentary proteins?

**ASK:** What temperatures are important?

How do we store food safely?

**ASK:** Can you plan a balanced meal?

What is the eatwell guide? How does it connect with nutrition?

What is meant by "sensory analysis"

Can you adapt a dish in response to sensory analysis

How is heat transferred during cooking?

**YEAR 8**

Spot the errors, revisiting hygiene and safety

What are the skills and knowledge required to make a bread based pizza?

**ASK:** what do these words mean? Prove fermentation, gluten?

**End of Year Assessment**

Your first visit to GCSE Food, preparation and Nutrition

**YEAR 7**

What is a claw and bridge hold? How do you safely use the cooker?

Why is hygiene and safety so important when preparing food? What are the 4 C's?



**A01**

**Food skills**

Demonstrating knowledge & understanding of nutrition, food, cooking and preparation

**A02**

**Food Skill**

Apply knowledge and understanding of nutrition, food, cooking and preparation

**A03**

**Food Skill**

Plan, prepare, cook and present dishes, combining appropriate techniques

**A04**

**Food Skill**

Analyse and evaluate