



St Benedict's Catholic School

The Catholic Secondary School for West Suffolk

GCSE Food Nutrition Curriculum Guide

Year 10

Exam Board: AQA

To find out more information about the course please follow the link below.

<https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>

Autumn Taught Content

Students will have about four weeks of commodity-based theory and practical focussing on a different product, or group of products.

Initially they will be looking at fruit and vegetables, including potatoes. They will investigate the use of fresh, frozen, canned and juiced forms of fruit and vegetables, by researching provenance, how the commodity is processed, its nutritive values and dietary considerations. We will also carry out some food science, based on this commodity, to introduce students to the NEA assessment 1.

To introduce students the NEA 2 they will plan and showcase their skills while making a dish for a target group, needing specific dietary consideration. They will show their understanding of dietary reference values and computer modelling by using a nutritional analysis program to evaluate and analyse the suitability of their chosen recipe.

Each subsequent half term students will follow a similar framework, but the focus will be around a different product or group of products.

In the second half of the Autumn term work will focus on Milk, cheese, and yoghurt products.

Students will be encouraged to develop their food preparation skills, by using a range of equipment while preparing shaping and baking food using the commodity under focus. They will also be asked to track the skills they have used week by week, to ensure they are sufficiently challenging themselves and developing all the skills specified by the exam board.

Spring Taught Content

Work will follow a similar format to the previous term but the focus will be:

- Cereals (including flours, breakfast cereals, bread and pasta)
- Meat, fish, poultry, eggs

Summer Taught Content

Work will follow a similar format to the previous term but the focus will be:

- Butter, oils, margarine, sugar and syrup
- Soya, tofu, beans, nuts, seeds

Assessment

A baseline test is used at the start of the course to enable students identify their areas of strength and the gaps in their learning. This information will provide a focus for future teaching and learning.

An NEA 1 Food science investigation will be carried out on completion of a section of work generally twice a term.

NEA 2 style practical tasks will be carried out at regular intervals usually twice a term.

A mock exam will be carried out towards the end of the year to give students examination practice and feedback about their learning.

Homework Expectations

Weekly home works will be focussed on associated theory and practical work. Tasks set will vary but often it will be a written task which might involve: personal research, detailed investigation, planning or seeking feedback from others in response to ideas, or evaluation of a product made in class. It may also be a simple practical task to further develop skills taught in lessons, as well as organising ingredients required for a planned practical activity. Pupils will generally be required to print outcomes, or complete a worksheet and bring these to their next lesson, rather than submitting via Edulink. The homework will predominately help pupils to be organised for lessons and inform their learning in class.

Reading List

<https://www.illuminate.digital/aqafood/>

<https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1>

<https://www.foodafactoflife.org.uk/14-16-years/>

Extra and Super Curricular Opportunities

To provide a taster session of the catering course at West Suffolk college, students have either visited Edmunds restaurant on the college campus, or we have hosted taster lessons in school run by chefs and students from the catering course.

In the past, year 10 students have had the opportunity to help prepare buffet food for the school presentation evening, or special events held in school.