

GCSE Food Preparation and Nutrition plan

Year 10	Autumn Term		Spring Term		Summer Term	
Topic	Fruit and Vegetables	Dairy Foods	Cereals	Protein Foods	Fats and Sugars	Mock assessments
Skill focus	Nutrient content of F&V Classification of F&V Preservation Range of practicals using F&V. Experiment – Enzymic browning	Nutrient content of dairy foods Protein theory Processing of milk to make dairy foods Practicals using a range of dairy foods. Experimental work – making cheese and yogurt.	Nutrient content of Cereals Carbohydrate theory Processing of flour. Practicals using a range of cereals. Experimental work – looking at flour in bread	Nutrient content of protein foods. Effect of heat on protein foods - Coagulation Practicals using a range of protein foods.	Chemical structure of fats. Practicals that show the working characteristics of fats and sugar. Health concerns of diet high in fats and sugar. Raising agents	Revision for Year 10 exams. Mock NEA2 Environmental issues regarding food – Carbon foot print, food wastage e.t.c
Assessment	Written test	Plan and make dish containing calcium. (following NEA2 format)	Gluten free dish – (following NEA2 format)	Written test covering work completed this term	Mock NEA1 – effect of reducing sugar in cake making.	Mock NEA2 – practical exam Year 10 exam
Year 11	Autumn Term		Spring Term		Summer Term	
Topic	NEA 1	NEA 1/NEA 2	NEA 2	NEA 2	Revision	
	NEA 1 Preparation for NEA1 – scientific assessment. Completion of NEA1	NEA 1/NEA 2 Completion NEA1 Preparation for NEA2 Start NEA 2	NEA 2 - Planning	NEA 2 Practical exam and evaluation	Revision and exam	
Assessment	NEA 1 – 15%		NEA 2 – 35%		Written exam 50%	