

Curriculum Information for Parents

Key Stage 4 Food Preparation and Nutrition

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Examination Board	Eduqas	Specification Code	Eduqas: food preparation and nutrition

Subject Content

Yr9

Healthy eating and the balanced plate.

Gelatinisation of starch in sauce making. Focused Practical tasks and high skilled making methods to include **roux based sauce dish, flaky pastry/sausage plait or rolls**, sweet pastry, (pate sucre), the melting method & muffins, demonstrate the use of wholegrains in chosen dishes and multicultural dishes.

The importance of vitamins and minerals and their functions in the human diet.

Wholegrains and Milling, from wheat to flour and the effects of cooking on flours.

Multicultural dishes suited to teenagers.

Creating composite meals.

Diet through life stages.

DRV of main nutrients and the healthy pyramid.

Menu planning.

Focused practical tasks, own designs for composite meals, age-related dishes, medical diets,

Eggs, characteristics and functions. Labelling, traceability and cooking with eggs. The functions of ingredients in cake making.

Investigating flours and starch thickening agents, fruit flan or pies.

Vitamins and Minerals, sources, functions & deficiencies.

Fruit and vegetable high skilled knife cuts.

Enzymic browning.

H.A.C.C.P. hazard analysis and critical control points.

Raising agents in baked products.

The main methods in cake making.

Composite meals suited to a teenager.

Focused practical tasks, Florida cocktail, veg cuts and quick soup, stir-fry or chicken curry and making cakes using one of the main methods.

Seasonal produce for fruit and vegetable dishes.

Experiment, The effects of cooking on vegetables. Analysis and evaluation.

Focused practical tasks, raising skills for fruit dishes and complex side dishes, e.g. Dauphinoise potatoes, ratatouille, etc.

Focused exam questions on the main nutrients, macro and micro, sources, functions and values in the human diet.

Meat experiment/tenderising, marinading.

Jointing a chicken, meat cuts and cooking methods associated with family meals.

Choosing the right cut.

Experiment, The functions of sugar in cake making.

Origins, types of, functions.

Yr10

Heat transfer methods, science experiments of the effects of cooking on food materials, vegetables and eggs. Side dishes using vegetables.

Meat as a food commodity. Science experiment for mechanical tenderisation of meat. Meat cookery.

Food commodities, Principles of nutrition, Diet and good health, the science of food, where food comes from and

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cooking and food preparation.

Fats in pastry making. Dairy products. Oils.

Food commodities, Principles of nutrition, Diet and good health, the science of food, where food comes from and cooking and food preparation. Eggs and cereals. Bread making.

Food commodities, Principles of nutrition, Diet and good health, the science of food, where food comes from and cooking and food preparation. Fish and herbs.

Food commodities, Principles of nutrition, Diet and good health, the science of food, where food comes from and cooking and food preparation. Fruit and vegetables

Food commodities, Principles of nutrition, Diet and good health, the science of food, where food comes from and cooking and food preparation.

Yr11

Introduction to Assessment 1: The Food investigation assessment, 15% of total qualification.

Each learner is required to research and plan the task.

Investigate the working characteristics, function and chemical properties of ingredients through practical experimentation and use their findings to achieve a particular result.

Analyse and evaluate the task.

Produce a report to be between 1,500 and 2,000 words which evidences all of the above and includes photographs.

Introduction to Task 2: The Food preparation assessment, 35% of total qualification.

Investigate and plan the task using primary and secondary research techniques. Analysis of research. Testing, trialling and evaluation of dishes suited to the task.

Reasons for choice and production of a plan of action for the 3hr making task.

Prepare, cook and present a menu of 3 dishes within a single 3hr session.

Evaluate the selection, preparation, cooking and presentation of the 3 dishes.

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Cover all topics on lesson by lesson bases for this half term,

General revision tasks including learning how to answer specific exam questions looking at key language in questioning and structuring of a response relating to marks awarded for each question.

Revision sessions run until Exam in early June.

Additional Equipment Required:

Assessment Details

Mock exams sat end of yr9 and yr10 and in terms 2 and 4 of year 11.

Assessment of work in line with Eduqas: food preparation and nutrition link below.

Please support helping them complete homework. Most tasks are research or finishing and improving work started in class.

All the practice projects during yr9 and yr10 provide them with opportunities for formative feedback on their work so all work should be their best work to make this useful, as during Coursework (worth 50% of GCSE) they will not get limited formative feedback on work but have access to all practice projects to support them.

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Very useful websites
Exam board website and specifications
<http://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition/>

Teaching Staff Contact Details

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Additional Information:

Thanks for your support in advance with helping your son/daughter, bring in ingredients for their practical food lessons. Hope you enjoy getting to taste the dishes they make during the course.

Student group email account to enable communication at any time for advice and questioning.

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