



## PLUME ACADEMY - LEARNING OVERVIEW

Year	10
Course	Food Preparation and Nutrition
Specification Number/Exam Board	AQA– 8585
End of course assessment and weightings	Written Examination: 50% Non Examination Assessment: 50%

### Prior Learning

The subject builds on your child's key stage 3 experience in Food by:

- Developing practical skills and learning new skills
- Developing planning and preparation skills
- Learning to analyse and evaluate
- Developing knowledge of nutrition and the way ingredients function

### Curriculum Intent – What are the curriculum aims?

GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

### Curriculum Implementation – What will my child will be learning?

Term 1	Half Term 1	Theory: Food Hygiene and Safety Practical: Microorganisms in cooking, handling high risk foods
	Half Term 2	Theory: Diet and Nutrition Practical: High protein meals, starchy carbohydrates, high fat foods, retaining vitamins and high fibre recipes
Term 2	Half Term 3	Theory: Food Science Practical: Science of ingredients in cooking and baking
	Half Term 4	Theory: Food Choice Practical: Planning and cooking a range of meals for people with special dietary needs
Term 3	Half Term 5	Theory: Food Provenance Practical: Skills based on specific ingredients.
	Half Term 6	During this half term pupils complete a range of mock assessment projects to prepare them for year 11, which are a combination of both theory and practical.

### Curriculum Impact – How will progress be assessed as I learn?

At the end of each unit of study, pupils will sit a short 30-mark assessment. This will be teacher assessed, with grades and feedback provided. Pupils will also receive verbal feedback on their practical work throughout year 10.



### Super-Curricular Opportunities – Support and Extending Learning

Useful study resources	If a student is really passionate about this subject...	As a parent/carer, I can assist my child in this subject by:
<ul style="list-style-type: none"> <li>• <a href="https://www.stem.org.uk/gcse-food-preparation">https://www.stem.org.uk/gcse-food-preparation</a></li> <li>• <a href="https://senecalearning.com/en-GB/blog/gcse-food-preparation-nutrition-revision/">https://senecalearning.com/en-GB/blog/gcse-food-preparation-nutrition-revision/</a></li> <li>• <a href="https://projectgcse.co.uk/food_technology">https://projectgcse.co.uk/food technology</a></li> <li>• Watch videos on YouTube</li> </ul>	<ul style="list-style-type: none"> <li>• Download nutrition apps such as My Fitness Pal</li> <li>• Take part in school baking competitions</li> <li>• Cook at home, and photograph to show your food teacher</li> </ul>	<ul style="list-style-type: none"> <li>• Allowing them to help with cooking at home</li> <li>• Allowing them to help with shopping/budgeting</li> <li>• Giving feedback on their dishes</li> <li>• Purchasing a revision booklet for the AQA Food Preparation and Nutrition course:  <a href="https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnar41-grade-9-1-gcse-food-preparation-nutrition-a">https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnar41-grade-9-1-gcse-food-preparation-nutrition-a</a>  <a href="https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnaq41-grade-9-1-gcse-food-preparation-nutrition-a">https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnaq41-grade-9-1-gcse-food-preparation-nutrition-a</a> </li> </ul>