



PLUME ACADEMY - LEARNING OVERVIEW

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| 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?

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| 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: |
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| <ul style="list-style-type: none"> • https://www.stem.org.uk/gcse-food-preparation • https://senecalearning.com/en-GB/blog/gcse-food-preparation-nutrition-revision/ • https://projectgcse.co.uk/food technology • Watch videos on YouTube | <ul style="list-style-type: none"> • Download nutrition apps such as My Fitness Pal • Take part in school baking competitions • Cook at home, and photograph to show your food teacher | <ul style="list-style-type: none"> • Allowing them to help with cooking at home • Allowing them to help with shopping/budgeting • Giving feedback on their dishes • Purchasing a revision booklet for the AQA Food Preparation and Nutrition course: 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/fnaq41-grade-9-1-gcse-food-preparation-nutrition-a |