

Oasis Academy Mayfield curriculum map

Subject: Food Preparation & Nutrition KS4 (GCSE option)



Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>3 lessons per week, a mixture of theory lessons with practical to consolidate theory</p> <p>Core content and concepts</p>	<p>Eatwell guide, healthy eating</p> <p>Macronutrients: Protein, Amino acids, Denaturation, HBV/LBV, protein alternatives</p> <p>Carbohydrates, Complex/Simple (Starch, sugar, dietary fibre), Mono/di/poly saccharides</p> <p>Fat, triglycerides, fats/oils, saturated and unsaturated</p> <p>Plasticity</p> <p>Complex knife skills, portioning and fileting chicken</p> <p>Finishing skills and presentation</p> <p>Pastry (shortcrust and rough puff)</p> <p>Plasticity</p> <p>Raising agents: Steam</p>	<p>Micronutrients: Vitamins A,D,E,K (fat soluble) and B's and C (water soluble); Antioxidants (A,C,E)</p> <p>Complex knife skills, Julienne, Brunoise, Macédoine and Jardinière</p> <p>Enzymic browning</p> <p>Soup making (reduction sauce)</p> <p>Minerals: Iron, calcium, sodium, iodine, fluoride</p> <p>phosphorus</p> <p>Breadmaking</p> <p>Hydration</p> <p>Life stages and effect upon nutritional needs</p> <p>Energy needs: BMR, PAL</p> <p>Special dietary needs/choices : Veganism, vegetarianism, coeliac disease, Lactose intolerance</p>	<p>Dietary related illnesses</p> <p>Bread making: Fermentation, raising agents, gluten</p> <p>Factors that affect food choice (cultural, ethical, religious)</p> <p>Pasta making</p> <p>Protein Science: Denaturation and coagulation</p> <p>Gluten</p> <p>Raising agents</p> <p>Sauce making (reduction, starch based and emulsified)</p> <p>Custard (gelatinisation, coagulation and gelation)</p> <p>Carb Science, mono/di/poly saccharides, gelatinisation, gelation, syneresis</p> <p>Caramelisation</p> <p>Honeycomb</p> <p>Laminated puff pastry</p>	<p>Sauce making</p> <p>Choux pastry</p> <p>Raising agents (steam)</p> <p>American pancakes (gelatinisation, denaturation and coagulation)</p> <p>Fat Science: Triglycerides; Fatty acids; Saturated/Unsaturated; Shortening; Aeration; Emulsification.</p> <p>Mayonnaise and Hollandaise sauce</p> <p>Cooking food and Heat transfer (Convection, Conduction and Radiation)</p> <p>Marination (denaturation)</p> <p>Sweet yeasted breads (raising agents)</p>	<p>Food spoilage: Yeasts, Moulds, Bacteria, Enzymes. Oxidation</p> <p>Microorganisms in Food production</p> <p>Bacterial contamination</p> <p>Food poisoning</p> <p>International cuisine</p> <p>British cuisine</p> <p>Food storage and safety guidelines</p> <p>Spanish/Mexican cuisine</p> <p>Sensory evaluation</p> <p>Chinese/Japanese cuisine</p> <p>Food labelling</p> <p>Indian cuisine</p>	<p>Nutritional labelling</p> <p>Marketing influences</p> <p>Environmental issues</p> <p>American cuisine</p> <p>Transportation</p> <p>Food waste</p> <p>Food processing and production</p> <p>Primary and secondary processing</p> <p>Filo pastry</p> <p>Mock revision: Multiple choice and long answer questions</p>
<p>GCSE skills:</p>	<p>1,2,3,4,5,6,7,8,10,11,12</p>	<p>1,2,3,4,5,6,7,8,10,11,12</p>	<p>1,2,3,4,5,6,7,8,9,10,11,12</p>	<p>1,2,3,4,5,6,7,8,9,10,11,12</p>	<p>1,2,3,4,5,6,7,8,9,10,11,12</p>	<p>1,2,3,4,5,6,7,8,9,10,11,12</p>

Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>3 lessons per week, a mixture of theory lessons with practical to consolidate theory</p> <p>Core content and concepts</p> <p>2 pieces of coursework (NEA) to be completed prior to final written exam</p> <p>GCSE skills:</p>	<p>NEA 1: Scientific food investigation. Tasks release by AQA on 1st September. Students to select 1 of 3 options and will produce an 8 page written document: Research Write a hypothesis Complete 4 practical experiments to prove their hypothesis Evaluate each experiment, using graphs and photographs to illustrate Conclusion</p> <p>1,2,3,4,5,6,7,8,9,10,11,12</p>	<p>NEA 2: Food preparation task, released 1st November. Students to select 1 of 3 options and will produce a 20 page written document: Research Select product ideas, Prepare and cook 4 trial dishes Evaluate trial dishes</p> <p>1,2,3,4,5,6,7,8,9,10,11,12</p>	<p>NEA 2 cont. Skills overview Select and justify final 3 dish menu Write time plan Three hour final practical exam</p> <p>1,2,3,4,5,6,7,8,9,10,11,12</p>	<p>NEA 2 cont. Evaluate final three dishes in detail Nutritional and costing analysis of final three dishes Conclusion</p>	<p>Targeted revision for written exam including linked practical e.g. Lemon Meringue pie (shortening, plasticity, dextrinization, gelation, denaturation, coagulation, caramelisation).</p>	<p>GCSE written exam 1 hour 45 minutes</p>