



Food & Nutrition

OPTION - FOOD PREPARATION & NUTRITION	Content
Year 10 HT 1	The 2 week cycle of lessons will be divided into 3 parts, food theory, food practicals and food science investigation work, to follow the GCSE curriculum. Students will investigate enzymic browning and the denature of proteins, They will make a range of food products which link in to their investigative work and study the theory of food commodities. Food provenance and food processing will be studied through out the term.
Year 10 HT 2	The 2 week cycle of lessons will be divided into 3 parts, food theory, food practicals and food science investigation work, to follow the GCSE curriculum. Students will investigate coagulation, marinading, gelatinisation and how to use nutritional analysis. They will continue to make a range of food products which link in to their investigative work and study the theory of food commodities. The theory work will be on food processing and the preservation methods of food.
Year 10 HT 3	In this term students will study preservation, heat transfer and nutrition. Scientifically investigate aeration, plasticity and dextrinisation. They will also continue with their practical lessons.
Year 10 HT 4	In the second part of the term students will carry out a mock NEA2 food practical exam. This will include researching, planning and making 2 dishes. The theory work consist of revision and revision methods, in preparation for their summer exams.
Year 10 HT 5	In the final term of year 10 students will complete a mock NEA1 food science investigation and sit a summer exam. they will continue their studies on the science of food and look at foams, raising agents and gluten formation and continue to develop their food practical skills.
Year 10 HT 6	In the final half term we will look at food safety, food security and moral and ethical issues linked to food. Complete the NEA1 project and complete the practical cooking tasks.
Year 11 HT 1	In the first half term students will be introduced to the NEA1. This will consist of introducing the task, planning the investigations and writing predictions,the task is on wheat flour. To introduce revision techniques in preperation for the mock exams.
Year 11 HT 2	This half term students will be completing the NEA1 task, including carrying out 3-4 investigations and analysing the results. The hand in date is December 14. NEA2 will also be introduced and started during this half term.
Year 11 HT 3	Continuation of the NEA2 task will take place this half term to include planning dishes from a set theme and working out a time plan for the practical.
Year 11 HT 4	The completion of the NEA2 task will be the main feature of this half term. Including the final 3 hour food practical exam. More details will follow for this. Revision will also continue.
Year 11 HT 5	Revision