

Curriculum Overview for Food Preparation and Nutrition - Year 10

Examination Board: OCR Revision Guide

When?	What?	Why?	How?	Assessment	Support
Autumn half term 1 Term	<p>Students cook most weeks. They make a wide range of both sweet and savoury dishes using a variety of ingredients.</p> <p>Methods of cake making</p> <p>Introduction to nutrition.</p> <p>Basic principles of food safety.</p>	<p>To build up a bank of medium/high level skills. To give students the skills and confidence to select and make their own dishes later in the course.</p> <p>To introduce students to ingredients/dishes they may not have tried before.</p> <p>To match the correct method to the type of cake.</p> <p>To understand the link between diet and health.</p> <p>To enforce principles of food safety and accident prevention.</p>	<p>Through individual and group work.</p> <p>Fruit, vegetable, meat and fish preparation. Making sauces, bread, pastry and cakes.</p> <p>Dishes are from a diverse range of countries.</p> <p>Independent research, diet and recipe analysis.</p> <p>Key focus in practical sessions is to establish clear routines.</p>	<p>Retrieval activities and whole class feedback.</p> <p>Short test on macronutrients for first round of assessments</p>	<p>Ingredient lists are posted on classcharts.</p> <p>http://www.food.gov.uk/</p> <p>http://www.nutrition.org.uk/</p> <p>http://www.bbc.co.uk/food/recipes</p>
Autumn half term 2	<p>Practical lessons as above.</p> <p>Gelatinisation</p> <p>Macronutrients and micronutrients</p> <p>Dietary needs of different individuals</p>	<p>Practical lessons as above.</p> <p>To understand basic principles of food science.</p> <p>To understand sources and functions of nutrients</p> <p>To understand that requirements vary according to many factors.</p>	<p>Fruit, vegetable, meat and fish preparation. Making sauces, bread, pastry and cakes.</p> <p>Dishes are from a diverse range of countries.</p> <p>Through individual and group work.</p>	<p>Retrieval activities and whole class feedback.</p>	<p>Ingredients lists are posted on classcharts.</p> <p>http://www.food.gov.uk/</p> <p>http://www.nutrition.org.uk/</p> <p>http://www.bbc.co.uk/food/recipes</p>

<p>Spring half term 1</p>	<p>Practical lessons as above Allergies and intolerances</p> <p>Vegetarian diets</p>	<p>Practical lessons as above To understand how common this is and how severe reactions to allergens can be.</p> <p>To understand reasons for following a vegetarian diet.</p>	<p>.Fruit, vegetable, meat and fish preparation. Making sauces, bread, pastry and cakes. Dishes are from a diverse range of countries.</p> <p>Through individual and group work..</p>	<p>Retrieval activities and whole class feedback.</p>	<p>Ingredients lists are posted on classcharts.</p> <p>http://www.food.gov.uk/</p> <p>http://www.nutrition.org.uk/</p> <p>http://www.bbc.co.uk/food/recipes</p>
<p>Spring half term 2</p>	<p>Choosing dishes to suit a brief.</p> <p>Devise a well structured time plan</p> <p>Evaluation of task</p>	<p>AFL task: modifying dishes to make them vegetarian.</p> <p>In preparation for NEA 2</p> <p>To discuss what went well and possible improvements.</p>	<p>Consider a range of dishes justifying final choice.</p> <p>To evaluate in detail with justified comments.</p>	<p>Retrieval activities and whole class feedback.</p> <p>AFL task assessed to GCSE criteria.</p> <p>Short test 2</p>	<p>Ingredients lists are posted on classcharts.</p> <p>After school catch-up to complete task</p> <p>http://www.food.gov.uk/</p> <p>http://www.nutrition.org.uk/</p> <p>http://www.bbc.co.uk/food/recipes</p>
<p>Summer half term 1</p>	<p>Practical lessons as above Food safety. Temperature control Types of food poisoning bacteria</p> <p>Reasons for, and changes that take place when cooking food.</p>	<p>Practical lessons as above To understand how to minimise the risk of food poisoning</p> <p>To understand how cooking affects nutritional and sensory properties of food.</p>	<p>Fruit, vegetable, meat and fish preparation. Making sauces, bread, pastry and cakes. Dishes are from a diverse range of countries.</p> <p>Through individual and group work.</p>	<p>Retrieval activities and whole class feedback.</p> <p>Short test 3</p>	<p>Ingredients lists are posted on classcharts.</p> <p>http://www.food.gov.uk/</p> <p>http://www.nutrition.org.uk/</p> <p>http://www.bbc.co.uk/food/recipes</p>

Summer half term 2	<p>Practise NEA 1 task on types of fats</p> <p>Revision activities to prepare for the written exam paper (PPE)</p>	<p>In preparation for year 11 NEA 1</p> <p>In preparation for the written exam. Focus on exam technique as well as subject content.</p>	<p>Complete a well structured scientific investigation.</p> <p>Using a range of techniques eg mind maps, revision cards. Use of past papers and marking schemes.</p>	<p>Group work</p> <p>Retrieval activities, whole class feedback, short and long question practice in exam conditions.</p> <p>Past paper marked to GCSE criteria</p>	<p>After school catch-up to complete task</p> <p>Revision guides, Seneca Bitesize OCR revision guide PLC's</p>

Curriculum Overview	Subject: Food Preparation and Nutrition Year Group: 11			Examination Board: OCR Revision Guide	
When?	What?	Why?	How?	Assessment?	Support?
Autumn Half Term 1	Students complete NEA 1 on suitability of different types of flours for savoury pastry products.	In response to the brief issued on September 1st	The task requires students to carry out a well structured, scientific investigation on the set task.	This NEA accounts for 15% of the total mark for the GCSE. Retrieval activities and whole class feedback.	Exemplars, lesson google slides and marksheets are all in google classrooms to support students. Displays in teaching rooms. After school catch-up to complete task
Autumn Half Term 2	Students finish NEA 1 and then move on to NEA 2 at the beginning of November	In response to the brief issued on September 1st.	Students finish NEA 1 and complete the research section of NEA 2.	This NEA accounts for 35% of the total mark for the GCSE. Retrieval activities and whole class feedback.	Exemplars, lesson google slides and marksheets are all in google classrooms to support students. Displays in teaching rooms. After school catch-up to complete task
Spring Half Term 1	Students choose one of two possible briefs. This year there is a choice of international dishes or cooking low cost meals for families.	In response to the brief issued on November 1st.	Students complete the planning section of the task. The practical exam in which students cook 3 dishes in 3 hours is the second week in January.	This NEA accounts for 35% of the total mark for the GCSE. PPE exam. Retrieval activities and whole class feedback.	Exemplars, lesson google slides and marksheets are all in google classrooms to support students. Displays in teaching rooms. After school catch-up to complete task
Spring Half Term 2	Students complete NEA 2	In response to the brief issued on November 1st.	Students complete the evaluation section of the task considering cost, sensory characteristics,	This NEA accounts for 35% of the total mark for the GCSE	Exemplars, lesson google slides and marksheets are all in google classrooms to support students. Displays in teaching

			nutrition and possible modifications.	Retrieval activities and whole class feedback.	rooms. After school catch-up to complete task
Summer Half Term 1	Revision activities to prepare for the written exam paper	In preparation for the written exam.	Using a range of techniques eg mind maps, revision cards. Use of past papers and marking schemes.	Retrieval activities, whole class feedback, short and long question practice in exam conditions.	Revision guides, Seneca Bitesize OCR revision guide PLC's After school targeted revision sessions
Summer Half Term 2	N/A				