

Curriculum Map 2020-2021

Subject: *GCSE Food preparation and Nutrition*

		Term 1 (Aug-Oct)	Term 2 (Oct-Dec)	Term 3 (Jan-Feb)	Term 4 (Feb-April)	Term 5 (April-May)	Term 6 (May-July)
Year 10	Unit	Nutrients – Macro and micro	Nutritional needs and health	Food science	Factors affecting food choice	Food safety	Food provenance
	Assessment task(s)/title(s)						
	Paper / Topic	NEA 2 Exam paper	NEA 2 Exam paper	NEA 1 Exam paper	NEA 2 Exam paper	NEA 2 Exam paper	NEA 2 Exam paper
	Key knowledge	<p>Function, sources, classification and structure of macro and micro nutrients.</p> <p>Protein:- Low and high biological value proteins Protein complementation protein alternatives - (TVP), soya, mycoprotein and soya</p> <p>Fats:- Saturated fats Unsaturated fats (monounsaturated and polyunsaturated)</p> <p>Carbohydrates:- Starch (polysaccharides) Sugars (monosaccharide's/disaccharides) Dietary fibre(NSP)</p> <p>Vitamins:- Fat soluble vitamins</p> <ul style="list-style-type: none"> • vitamin A • vitamin D • vitamin E • vitamin K <p>Water soluble vitamins</p>	<p>Making informed choices for a varied and balanced diet:</p> <p>The current guidelines for a healthy diet Portion size and costing when meal planning How peoples' nutritional needs change and how to plan a balanced diet for different life stages and specific target groups.</p> <p>Basal metabolic rate, (BMR) and physical activity level (PAL) and their importance in determining</p>	<p>Why food is cooked and how heat is transferred.</p> <p>Cooking methods</p> <ul style="list-style-type: none"> • Water based: steaming, boiling, simmering, blanching, poaching, braising • Dry methods: baking, roasting, grilling, dry frying • Fat based: shallow frying, stir fry <p>Functional and chemical properties of food.</p> <ul style="list-style-type: none"> • protein denaturation • protein coagulation • gluten formation 	<p>To know and understand factors which may influence food choice</p> <ul style="list-style-type: none"> • Physical activity level (PAL) • Celebration/occasion • Cost of food • Preferences • Enjoyment • Food availability • Healthy eating • Income • Lifestyles • Seasonality • Time of day • Time available prepare/cook. <p>Food choice related to religion, culture, ethical and moral beliefs and medical conditions</p> <p>Buddhism,</p>	<p>Food spoilage and contamination.</p> <p>The growth conditions for microorganisms and enzymes and the control of food spoilage.</p> <p>High risk foods.</p> <p>Enzymic action Mould growth Yeast action</p> <p>The use of microorganisms in food production</p> <p>The principles of food safety. Hygiene and personal hygiene</p>	<p>Food provenance</p> <p>Environmental impact and sustainability of food.</p> <p>Food Sources Where and how ingredients are grown, reared and caught</p> <p>Food and the environment Environmental issues associated with food</p> <p>Sustainability of food.</p> <p>Food processing and production. Primary and secondary stages of processing and Production. How processing affects the sensory and nutritional properties of ingredients.</p>

		<ul style="list-style-type: none"> • B group – B1 (thiamine), B2(riboflavin), B3 (niacin), folic acid, B12 • vitamin C (ascorbic acid) • Loss of water soluble vitamins when cooking (B group and Vitamin C). <p>Antioxidant functions of vitamins</p> <ul style="list-style-type: none"> • vitamin A • vitamin C • vitamin E <p>Minerals:-</p> <ul style="list-style-type: none"> • Iron Calcium • Sodium (salt) • Fluoride • Iodine • Phosphorus <p>Water:-</p> <p>The importance of hydration and the functions of water in the diet</p> <p>How to carry out nutritional analysis:-</p>	<p>energy requirements</p> <p>The recommended percentage of energy intake provided by protein, fat and carbohydrates (starch and sugar)</p> <p>How to carry out nutritional analysis, using nutrition program</p>	<ul style="list-style-type: none"> • foam formation • Gelatinisation • Dextrinisation • Caramelisation <p>Raising Agents:-</p> <p>Chemical</p> <p>Mechanical</p> <p>Steam</p> <p>Biological</p> <p>Practice NEA 1 - Food science investigations</p>	<p>Christianity, Hinduism, Islam, Judaism, Rastafarianism Sikhism</p> <p>Food choice linked to ethical and moral beliefs:-</p> <p>Animal welfare, fairtrade, local produce, organic, Genetically Modified (GM) foods.</p> <p>Food choice linked to food</p> <p>Intolerances/allergies:-</p> <p>Gluten</p> <p>Lactose</p> <p>Nuts, egg, milk, wheat, fish and shellfish.</p> <p>Food labelling and marketing influences. How information about food available to the consumer, including labelling and marketing, influences food choice.</p> <p>British and international cuisines</p> <p>Sensory evaluation methods</p>	<p>NEA 2 Practice</p>	<p>Technological developments associated with better health and food production.</p> <p>Technological developments to support better health and food production including fortification and modified foods with health benefits and the efficacy of these.</p>
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Vocabulary instruction	Nutrition, macro/micro, function, sources, essential, evaluate excess, deficiency, antioxidant, biological, hydration, dietary, intake.	Biological, hydration, dietary, intake, diet related disease, skeletal, cardiovascular, osteoporosis, anaemia, basal metabolic rate.	Denaturation, coagulation, gluten, gelatinisation, dextrinization, caramelisation, enzymic browning, Oxidation, hypothesis, controls. Steaming, boiling, simmering, blanching, poaching, braising, baking, roasting, grilling, frying. Report, Hypothesis, experiment, justify, conclude, reference, plagiarise.	Buddhism, Christianity, Hinduism, Islam, Judaism, Rastafarianism, Sikhism, Animal welfare, fair-trade, organic, genetically modified, intolerance, allergy, gluten, hedonic, discrimination, ranking, rating, organoleptic, profiling, coeliac, Anaphylaxis, lactose, malnutrition, kosher, halal, ethical, cuisine, regional, multicultural, olfactory, analysis. Ethical, moral, social, reference.	Campylobacter, E-coli, Salmonella, Listeria, Staphylococcus aureus, bacteria, micro-organisms, moulds, enzymes, probiotic, pathogens, contamination, core temperature, enzymic browning, danger zone, ambient, spoilage, contamination, preservation, micro-organisms, symptoms, ambient, freezing, chilling, HACCP, moral, social, reference.	Origins, transportation, food miles, climate change, carbon footprint, composting, sustainable, traceability, organic, genetically modified, hydroponics, hatcheries, intensive farming, green house gas, fairtrade, red tractor, crop rotation, homogenised, primary processing, pasteurised, ultra heat treatment, sterilised, secondary processing, milling, preservation. Ethical, moral, social.	
Subject-specific strand(s)	Nutrition	Nutrition, diet and health	Food science	Moral, social, ethical, environmental and economic factors affecting food choice	Food safety	Food provenance	
Assessment tasks	Nutrition – check your knowledge. Protein Fat Carbohydrates Vitamins & minerals		Check your knowledge - Food science questions. GCSE long answer questions:-	Check your knowledge factors affecting food choice. Long answers GCSE questions:- PAL	Check your knowledge factors affecting food safety. Long answers GCSE questions:-	Check your knowledge food provenance. Long answers GCSE questions:- Environmental impact and sustainability.	

	GCSE long answer nutrition questions (Past paper questions) Technical skills	Technical skills	Functional and chemical properties of food Technical skills	Religious and cultural preferences Factors affecting food choice Food labelling & Marketing Technical skills	Food spoilage and contamination Principles of food safety Technical skills	Processing and production. Technical skills
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Year 11	Unit Assessment task(s)/title(s)	Food science investigation	Food science investigation	Food preparation tasks	Food preparation tasks	Food preparation tasks	
	Paper / Topic	NEA 1 Exam paper	NEA 1 Exam paper	NEA 2 Exam paper	NEA 2 Exam paper	NEA 2 Exam paper	Exam paper
	Key knowledge	Review of exam board set tasks. Identification of area of research and investigation. Report writing Research Hypothesis construction Setting up practical experiments Controls	Carrying out practical experiments Controls Analysing results Conclusions and recommendations	Research theme. Generation of ideas. Demonstration of technical skills. Revision	Planning – time planning, dovetailing, logical sequencing. Practical making Technical skills Nutritional analysis Revision	Production of portfolio. Photographic evidence. Review of 5 units and assessment tasks:- Food, nutrition and health Food science Food choices Food provenance Food safety Revision	Review of 5 units and assessment tasks:- Food, nutrition and health Food science Food choices Food provenance Food safety Revision
	Vocabulary instruction	Research, report, investigation, controls, hypothesis, analysis, report, conclusion.	Research, report, investigation, controls, hypothesis, analysis, report, conclusion.	Research, demonstrating, accuracy, processes, review, logical, dovetailing, complex, justification, reference, bibliography, executes, sequence	Research, demonstrating, accuracy, processes, review, logical, dovetailing, complex, justification, reference, bibliography, executes, sequence	All keywords from curriculum outlines	All keywords from curriculum outlines
	Subject-specific strand(s)	Food science	Food science	Technical skills Nutrition			

	Assessment tasks	NEA 1	NEA 1	NEA 2	NEA 2	PPE	Exam
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