

Course over-view for GCSE Food Preparation and Nutrition

Course title: GCSE Food Preparation and nutrition (8585)

Written exam – 1hr 45mins (50%)

Task 1: Food investigation (15%)

Task 2: Food preparation assessment. (35%)

www.aqa.org.uk (examining body website)

<http://www.aqa.org.uk/subjects/food-preparation-and-nutrition> (link to specification and online resources)

3 year course (2 hours per week)

	Sept/Oct Half term	Nov/Dec Half term	Jan/Feb Half term	Feb/March Half term	April/May half term	June/July half term
9	Intro to course. Students will be introduced to the concept of macro and micro nutrients and will focus on Carbohydrates during the first term. They will cook a range of dishes throughout this term that will cover starches, sugars and dietary fibre.	Continuation of carbohydrate theme with theory and cooking sessions focussing on role and function of carbs within the human body, where they are sourced from and how they can be used in cooking based on their functional properties.	Students will learn about fats. They will concentrate on saturated and unsaturated fats from animal and plant sources and develop their understanding of the nutritional and working properties of these ingredients.	Continuation of fats theme with cooking and theory relating to fats within cooking and the diet. This will be partly taught through baked dishes and the making of sauces like the roux method.	Students will learn about protein. They will concentrate on LBV and HBV. Some of this unit will be taught focussing on eggs and their role within various baked dishes. The remainder of this half term will look at LBVs like beans, quorn and tofu.	This half term will focus on meat and fish based dishes concentrating on where these foods come from, and the wide range of techniques used within cooking of these dishes.
10	Micro nutrients – Vitamins. Students will learn a wide range of vitamins within this half term focussing on where these foods come from and their role within the human body. The cooking will gradually become more difficult with an increased focus on meals that have a wider range of nutrients	Micro nutrients – Minerals. Students will learn a wide range of minerals within this half term focussing on where these foods come from and their role within the human body. At the half way point of the course we expect their cooking to now reach higher levels of proficiency.	Practice investigation: Students will have a practice food experiment which like the prior half term will be taught and marked as if it were the real thing. This will provide an accurate indication of student performance and will enable feedback that will guide improved performance when the students are given their final topic in sept of yr 11	Completion of practical investigation. Upon completion of the practise assessments, students will then return to some more summer cooking to hone their skills in preparation for yr 11 which will be exclusively assessments set by the exam board.	Skills development for practical exam The focus will be entirely linked to higher level complex dishes and garnishes in preparation for yr 11 practical exam	Skills development for practical exam The focus will be entirely linked to higher level complex dishes and garnishes in preparation for yr 11 practical exam

11	Practical investigation begins. Food experiment and controlled assessment write up, approx. 15 hours.	Practical assessment begins. Approx. 30 hours. Students research and plan a 3 course meal utilising the skills they have learnt throughout the course. This will include cost, nutritional analysis, timeplan and back ground research into the theme released by the exam board.	Practical examination. Students will cook their 3 course meal in 2 hours and then evaluate the outcomes	Begin revision	Revision for final exam	
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