

Food Preparation and Nutrition AQA

GCSE

Year 10

Please use this route through to find out what students are learning in the classroom and beyond.

Please contact us or visit our website for more information.

Subject	What are students learning in lessons?	What are students learning in home learning?
Autumn Term 1	Protein and carbohydrates: where they come from, why we need them and the effects of eating too much or too little of them. Proteins: advanced skills in preparation and cooking.	1 hour per week: Seneca learning and quizzes reviewing knowledge from lessons or preparing for future learning.
Autumn Term 2	Food Science: why macronutrients behave in different ways during cooking. Using food science to cook more complex dishes. Fats: where they come from, why we need them and the effects of eating too much or too little.	1 hour a fortnight: Seneca learning and quizzes. 1 hour a fortnight: planning for celebratory dish.
Spring Term 1	Nutritional needs: how they change depending on life stage. Micronutrients: where they come from and why we need them. Energy Balance: effects of unbalanced energy intake & output. Dietary Related Illness: causes & ways of reversing the effects.	1 hour per week: Seneca learning and quizzes reviewing knowledge from lessons or preparing for future learning.
Spring Term 2	Raising Agents: using mechanical agitation and fermentation to create gases to make foods rise. Microorganisms: how microorganisms can cause food to spoil or can be used to enhance the properties of ingredients.	1 hour per week: Seneca learning and quizzes reviewing knowledge from lessons or preparing for future learning.
Summer Term 1	High level skills: how to make bread, profiteroles and cheese. Mock NEA 2: research, planning and evaluation skills in preparation for non-examined assessment in year 11.	1 hour a fortnight: revision and exam preparation for end of year exams. 1 hour a fortnight: adding to research/planning for mock NEA 2.
Summer Term 2	Mock NEA 2: time plan, practical exam and evaluation (part of the final exam). Food Processing: primary & secondary ways of making food. Food Choice: the health, personal, social and cultural issues that affect the food choices we make.	1 hour a fortnight: revision and exam preparation for end of year exams. 1 hour a fortnight: adding to evaluation of mock NEA 2.
Every mark matters	Assessment	Key contacts
	Students think hard, answer lots of questions and get feedback on their work every lesson. Mock NEA 2: Summer 1 and Summer 2 Written Exam: Spring 1 and Summer 2	Head of Department: Nicola.Smith@theregisschool.co.uk