



Food & Nutrition GCSE Curriculum Overview

This overview document details what students will be studying in this subject area over the course of their time with us and the skills and knowledge they will be covering. Students will be formally assessed across the year and their progress and ATL (Attitude to Learning) will be reported home at the end of each term. Assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, including the curriculum covered in the previous year/s.

- Eduqas GCSE Food Preparation and Nutrition
- 50% Written Examination - worth 100 marks. Exam time is 1hr 45 minutes.
- 50% Coursework (NEA 1 & NEA 2) - worth 100 marks.
 - NEA 1 - 30 Marks
 - NEA 2 - 70 Marks
- NEA 2 includes a 3 hour practical exam which takes place in March

Half term	02.09.25 - 23.10.25	03.11.25 - 19.12.25	05.01.26 - 13.02.26	23.02.26 - 26.03.26	13.04.26 - 22.05.26	01.06.26 - 17.07.26
	Autumn 1 - 8 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 5 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
Year 10 Food	Students study the commodity of fruit and vegetables. A range of dishes are made to practice skills related to the commodity. <u>Dishes include :</u> Vegetable samosas Pineapple upside down cake Stuffed peppers Enzymic browning investigation, to investigate how fruit and vegetables deteriorate in different environments. <u>Theory topics include:</u> The classification of fruit and vegetables and how they are grown. Fruit and vegetable processing, storage, food hygiene and safety. The nutritional values, sources, functions, deficiencies, excess, daily requirements, dietary considerations	Students study the commodity of dairy, milk, cheese, yoghurt. A range of dishes are made to practice skills related to the commodity. <u>Dishes include :</u> Pasta bake Creme brulee Potato dauphinoise <u>Theory topics include:</u> Provenance- where do the dairy products come from. Which animals ? How are they grown and reared, dairy foods processing. Primary and secondary processing - pasteurisation and homogenisation of milk. Storage, food hygiene and safety of dairy products. Nutritional values, sources, functions, deficiencies, excess,	Students study the commodity of alternative proteins A range of dishes are made to practice skills related to the commodity. <u>Dishes include:</u> Creamy quorn casserole Sticky tofu and rice Plant based donner kebab <u>Theory topics include :</u> How the commodity is grown and processed. Storage, food safety and hygiene of this commodity. Nutritional values, sources, functions, deficiencies, excess, daily requirements, dietary considerations linked to this commodity. Investigation comparing alternative proteins. - bean burgers and burgers made with alternative proteins.	Students study the commodity of meat, fish, poultry, eggs. A range of dishes are made to practice skills related to the commodity. <u>Dishes include:</u> Sausage casserole (using the grill and hob) Tuna fritters or fish tacos Baked Alaska <u>Theory topics include:</u> How the commodity is reared and processed. Storage, food safety and hygiene of this commodity. Primary and secondary processing. Gutting and filleting fish, deboning a chicken Nutritional values, sources, functions, deficiencies, excess, daily requirements, dietary considerations linked to this commodity.	Students study the commodity butter, oils, margarine, sugar and syrup. A range of dishes are made to practice skills related to the commodity. <u>Dishes include:</u> Flaky fruit tart Mayonnaise and slaw Choux buns/eclairs Fruit roulade Brownies <u>Theory topics include:</u> How the commodity is reared/grown and processed. Nutritional values, sources, functions, deficiencies, excess, daily requirements, dietary considerations linked to this commodity. Related food science- emulsification. Function of ingredients- choux pastry, roulade (whisking method) flaky pastry and brownies (melting method)	Students study the Commodity Cereals, flour, bread and pasta. A range of dishes are made to practice skills related to the commodity. <u>Dishes include:</u> Bread plait Risotto Ravioli <u>Theory topics include:</u> How the commodity is grown and processed, milling and classifications of cereals and flour. Storage, food safety and hygiene of this commodity, rice milling, classification of rice and how rice is used in dishes. Types of rice, how it is grown and rice processing. Nutritional values, sources, functions, deficiencies, excess, daily requirements,

Year 10 Food	linked to fruit and vegetables. Research and the planning of dishes.	daily requirements, dietary considerations linked to dairy products. Make cheese as an investigation - Using lemon juice and milk. Complete related cheese theory including cheese tasting of different types. Plan a savoury dish- focus- Writing up a trial dish. Adapting for someone on a lactose free diet. Theory- Dairy alternatives and how lactose could affect someone who is intolerant. Assessment -Plan and make a dish which must include one of the dairy products. Students complete a written assessment based on this half terms commodity, with some recall questions included from last half term	Tasting different types of alternative proteins e.g. plant based ham, salmon. Plan a vegetarian/ vegan dish focus- reasons for choice. How to adapt recipes for vegan/ vegetarian diets. Assessment - Plan and make a dish using alternative proteins. Students complete a written assessment based on this half terms commodity, with some recall questions included from the commodities already studied.	Eggs, denaturation, coagulation. Consider how the dish could be adapted for a specific religious diet. Assessment - Plan a dish using meat, fish or eggs. Focus -Timeplan, shopping list and equipment list Students complete a written assessment based on this half terms commodity, with some recall questions included from the commodities already studied.	Types of fats and oils, saturated and unsaturated fats. Types of sugars and syrups, including syrup tasting. Assessment -Plan and make a dessert to include this half terms commodities. Focus- Exam dish evaluation Students complete a written assessment based on this half terms commodity, with some recall questions included from the commodities already studied.	dietary considerations linked to this commodity. Assessment - Plan and make a savoury or sweet dish using this half terms commodities- focus sensory testing and gluten intolerance/ coeliac. Students complete a food exam paper as the assessment this half term.
	Assessment -Independent planning of dishes take place, students plan and make a savoury and sweet dish which must include this terms commodity of fruit or vegetables. Students complete a written assessment based on this half terms commodity.					

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Year 11 Food	Students have 3 lessons per week. One lesson is exam revision to prepare for the written exam. Students practice long exam questions and study different topics each week. One lesson is coursework. Students will progress through NEA1 which is an investigation task set by the exam board. This will run until November. One lesson is practical. Students will use one lesson per week to investigate the food task in a practical lesson. Students will record their findings in the NEA1 coursework document. Assessment includes the progress of NEA1 and the completion of exam questions	Students complete NEA1, writing up the investigations and write a conclusion. Students complete any outstanding practical investigations. NEA2 is introduced in November. Students research, plan, prepare and cook dishes as trials for the practical exam which takes place in March. As dishes are trialled students complete coursework explaining the colour, flavour, texture of the dishes and discuss adaptations for exam dishes. One lesson per week is dedicated to exam revision. This will combine teacher led tasks and some time for independent revision, using text books or revision websites. Assessment includes the progress of NEA1 and the completion of a exam questions	Students make progress with NEA2. Students continue to trial dishes each week- 6-7 trials must be completed from which three dishes are selected. Students continue to complete the written information in their coursework to describe the dishes. Students decide on their practical exam dishes and write the reasons for choice in their coursework. One lesson per week is dedicated to exam revision. Assessment includes the progress of NEA 2 and the completion of exam questions	Students complete the NEA2 coursework so far. Research, trials information, exam dish choices and reasons for choice. The practical exams take place where students have to prepare and cook three dishes in three hours. Students complete the evaluations of the exam dishes in the NEA2 coursework. One lesson per week is dedicated to exam revision. Assessment includes the progress of NEA 2 and the completion of exam questions	Students complete the NEA2 coursework . The coursework marks are submitted early May. Each lesson is used for exam revision ensuring that all topics are covered. Assessment includes the progress of NEA 2 and the completion of exam questions	Each lesson is used for exam revision ensuring that all topics are covered. The written exam takes place usually around mid June.