



# Marshalls Park Academy - Curriculum Overview



Subject: GCSE Food Preparation and Nutrition

Year Group: 10

Curriculum/Subject Leader: K Jackson/K Webb

Academic Year: 2023/24

During years 10-11 students will be studying GCSE Food Preparation and Nutrition. The structure of this course has been designed to develop in learners the knowledge and understanding related to; food commodities, principles of nutrition, diet and good health, the science of food, where food comes from, cooking and food preparation.

TERM 1	TERM 2	TERM 3
<p style="text-align: center;"><b>KNOWLEDGE/SKILLS</b></p> <p><b>Topics</b></p> <ul style="list-style-type: none"> <li>• Food Safety and Spoilage</li> <li>• Food Induced Ill Health</li> <li>• Heat Transfer and Cooking Methods</li> <li>• Chicken Theory</li> <li>• Future Chef Competition</li> <li>• Food presentation</li> <li>• Egg Theory</li> <li>• NEA Food Investigation – Eggs</li> <li>• Fish Theory</li> </ul> <p><b>Practical Tasks</b></p> <ul style="list-style-type: none"> <li>• Joint whole chicken</li> <li>• Chicken escalope</li> <li>• Chicken thigh in a mushroom sauce</li> <li>• Fried chicken drumstick and wings</li> <li>• Future Chef Competition</li> <li>• Meringues</li> <li>• Portuguese custard tarts</li> <li>• Battered Fish Goujons</li> <li>• Thai fish cakes</li> </ul>	<p style="text-align: center;"><b>KNOWLEDGE/SKILLS</b></p> <p><b>Topics</b></p> <ul style="list-style-type: none"> <li>• Wheat Theory</li> <li>• Bread Theory</li> <li>• Grains Theory</li> <li>• NEA Food Investigation – Flour</li> <li>• Fats and Oils</li> <li>• Sauce Theory</li> <li>• Sugar and Alternatives</li> <li>• NEA Food Investigation - Fats</li> </ul> <p><b>Practical Tasks</b></p> <ul style="list-style-type: none"> <li>• Homemade pasta</li> <li>• Focaccia</li> <li>• Cinnamon Rolls</li> <li>• Biryani</li> <li>• Choux Pastry</li> <li>• Emulsified Sauces</li> <li>• White sauce</li> <li>• Brandy Snaps</li> <li>• Biscuits</li> </ul>	<p style="text-align: center;"><b>KNOWLEDGE/SKILLS</b></p> <p><b>Topics</b></p> <p><b>NEA 1 PPE – The Food Investigation Assessment</b>  <b>NEA 2 PPE – The Food Preparation Assessment</b></p> <p><b>Practical Tasks</b></p> <p>Students will research and plan their own recipes for the above tasks based on a task set by the exam board.</p>
<p style="text-align: center;"><b>KEY ASSESSMENTS</b></p> <p>End of unit written assessments  End of unit assessed practical tasks  NEA Food Investigations</p>	<p style="text-align: center;"><b>KEY ASSESSMENTS</b></p> <p>End of unit written assessments  End of unit assessed practical tasks  NEA Food Investigations</p>	<p style="text-align: center;"><b>KEY ASSESSMENTS</b></p> <p>End of unit written assessments  End of unit assessed practical tasks  PPE Written Assessment  PPE Practical Assessments</p>



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## Assessment Criteria

AO1 Demonstrate knowledge and understanding of nutrition, food, cooking and preparation

AO2 Apply knowledge and understanding of nutrition, food, cooking and preparation

AO3 Plan, prepare, cook and present dishes, combining appropriate techniques

AO4 Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others