



Year 11 AQA Food preparation
and nutrition

Non-Examination Assessment

In the final year of the assessment, the NEA will be produced:

- Task 1: The Food Investigation (15%) Time: Not to exceed 10 hours

Food preparation skills

Skill 1: General practical skills <ul style="list-style-type: none"> • Weighing and measuring • Lining flan tin • Chocolate ganache • Melting chocolate • Making chocolate leaves • Whipped cream • Separating an egg 	Skill 2: Knife skills <ul style="list-style-type: none"> • Preparing fruit and vegetables • Jointing a chicken • Stuffed chicken breast • Filleting fish • Making fish cakes 	Skill 3: Preparing fruit and vegetables <ul style="list-style-type: none"> • Knife skills • Fruit coulis 	Skill 8: Sauce making <ul style="list-style-type: none"> • Hollandaise sauce • Tomato sauce • Béchamel sauce 	Skill 10: Dough <ul style="list-style-type: none"> • Choux pastry • Shortcrust pastry • Pasta 	Skill 11: Raising agents <ul style="list-style-type: none"> • Bread making • Lemon meringue pie • Meringue • Whisked sponge 	Skill 12: Setting mixtures <ul style="list-style-type: none"> • Coagulation
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Heat transference <ul style="list-style-type: none"> • Conduction of heat • Convection currents • Radiation in a grill • Microwave heat transfer 	Sauce making <ul style="list-style-type: none"> • Gelatinisation of starch • Reduction • Emulsification 	Doughs <ul style="list-style-type: none"> • Gluten • Fat shortening gluten strands • Rolling and folding 	Raising agents <ul style="list-style-type: none"> • Gas-in-liquid foams • Bicarbonate of soda • Baked mixtures • Steam as a raising agent • Yeast as a raising agent 	Setting mixtures <ul style="list-style-type: none"> • Coagulation of protein 	Food safety <ul style="list-style-type: none"> • Bacteria • Mould • Yeast 	Meat <ul style="list-style-type: none"> • Enzymic browning • Tenderising meat
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GCSE Food Preparation and Nutrition Year 2 (Submission of NEA)

SOW for Yr 11 Summer Term

Prepare a revision program after auditing what areas of specification have already been covered effectively in Year 10 and prioritise any topics not covered by students which need revising. The following should be covered in this period:

- how the written exam is organised
- how to prepare for the written exam
- the command words used in written exam
- the types of questions that will be asked in a written exam including:
 - multiple choice
 - data response
 - structured question
 - open-ended response questions or free response questions.

The chapters in both textbooks provide advice and information about the written exam, preparation, command words and examples of questions. There are also useful responses to give students ideas about how to structure different types of responses. Student revision guides are available from Illuminate and Hodder

- Leave at half term – week of the 24th May ? plan for this date to be changed and SOL to be updated (GL/MK)
- Exams start on 1st May so some students will not be in lessons due to Art exam or actual exams. This is an outline as to what you could do and do it in an order that you think the class that you teach requires.
- Each lesson you will need to ensure that you photocopy the appropriate worksheets and exam questions.

Week	Revision Topic	Activity
Week 1:	Nutrition Diet and health Life stages and the big 6	Lesson 1: Revision organization Lesson 2: Diet and health + the big 6
Week 2:	Food Science	Lesson 1: Food Science Carbohydrate Fats and protein Lesson 2: Heat transfer, Raising agents and effects of cooking foods.
Week 3:	Food Safety	Lesson 1: Lesson on command words and using subject specific vocabulary. What not to say in an exam. Exam technique 1 mark equals 1 point. Data response questions. Lesson 2: Food spoilage and contamination and prevention of food poisoning. Food microbes in food use yoghurt, bread and milk.
Week 4:	Food Provanace	Lesson 1:

		<p>Environmental impact and sustainability of food processing.</p> <p>Lesson 2:</p> <p>British and international cuisine</p>
Week 5:	Food Choice	<p>Lesson 1:</p> <p>Discussion on factors that affect food choice. Test on Food choice from 2020 aqa. Go through the test paper.</p> <p>Lesson 2:</p> <p>Revision of whole course whole course in preparation for the exam.</p>