

# AQA Food Preparation and Nutrition

Assessment Opportunities Assessment	Literacy/Reading opportunities	CEIAG Links
<p>Students will be assessed through non-exam assessment and exam assessment. All assessed pieces are outlined within this SOL.</p> <p><b>Non-exam assessment 50%</b></p> <p>This is broken down into two parts:</p> <p><b>Task 1: Food Investigation (15%)</b> – students will investigate the working characteristics, functional and chemical properties of ingredients and produce a written report.</p> <p><b>Task 2: Food preparation Assessment (35%)</b> – students will prepare, cook and present a final menu of three dishes within three hours.</p> <p><b>Exam assessment 50%</b></p> <p>There will be one final examination, which is 50% of the final grade.</p>	<ul style="list-style-type: none"> <li>- Reading recipes</li> <li>- Reading and matching key tools and definitions</li> <li>- Reading methods and key terminology</li> <li>- Reading rules of the room and being able to write about the importance of safety rules in dt - verbally and written.</li> <li>- Time plans</li> </ul>	<p>This provides a good foundation for courses or employment which involve food preparation, cooking or food manufacture. This GCSE also assists students with an interest in sports careers such as coaching or personal training, health care/medicine and child care due to the nutrition aspect of the course.</p>

## Curriculum vision:

“Our aim is to deliver a curriculum that is inclusive, relevant and progressive for all learners.”



## 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

<b>Skill 1: General practical skills</b> <ul style="list-style-type: none"> <li>• Weighing and measuring</li> <li>• Lining flan tin</li> <li>• Chocolate ganache</li> <li>• Melting chocolate</li> <li>• Making chocolate leaves</li> <li>• Whipped cream</li> <li>• Separating an egg</li> </ul>	<b>Skill 2: Knife skills</b> <ul style="list-style-type: none"> <li>• Preparing fruit and vegetables</li> <li>• Jointing a chicken</li> <li>• Stuffed chicken breast</li> <li>• Filleting fish</li> <li>• Making fish cakes</li> </ul>	<b>Skill 3: Preparing fruit and vegetables</b> <ul style="list-style-type: none"> <li>• Knife skills</li> <li>• Fruit coulis</li> </ul>	<b>Skill 8: Sauce making</b> <ul style="list-style-type: none"> <li>• Hollandaise sauce</li> <li>• Tomato sauce</li> <li>• Béchamel sauce</li> </ul>	<b>Skill 10: Dough</b> <ul style="list-style-type: none"> <li>• Choux pastry</li> <li>• Shortcrust pastry</li> <li>• Pasta</li> </ul>	<b>Skill 11: Raising agents</b> <ul style="list-style-type: none"> <li>• Bread making</li> <li>• Lemon meringue pie</li> <li>• Meringue</li> <li>• Whisked sponge</li> </ul>	<b>Skill 12: Setting mixtures</b> <ul style="list-style-type: none"> <li>• Coagulation</li> </ul>
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<b>Heat transference</b> <ul style="list-style-type: none"> <li>• Conduction of heat</li> <li>• Convection currents</li> <li>• Radiation in a grill</li> <li>• Microwave heat transfer</li> </ul>	<b>Sauce making</b> <ul style="list-style-type: none"> <li>• Gelatinisation of starch</li> <li>• Reduction</li> <li>• Emulsification</li> </ul>	<b>Doughs</b> <ul style="list-style-type: none"> <li>• Gluten</li> <li>• Fat shortening gluten strands</li> <li>• Rolling and folding</li> </ul>	<b>Raising agents</b> <ul style="list-style-type: none"> <li>• Gas-in-liquid foams</li> <li>• Bicarbonate of soda</li> <li>• Baked mixtures</li> <li>• Steam as a raising agent</li> <li>• Yeast as a raising agent</li> </ul>	<b>Setting mixtures</b> <ul style="list-style-type: none"> <li>• Coagulation of protein</li> </ul>	<b>Food safety</b> <ul style="list-style-type: none"> <li>• Bacteria</li> <li>• Mould</li> <li>• Yeast</li> </ul>	<b>Meat</b> <ul style="list-style-type: none"> <li>• Enzymic browning</li> <li>• Tenderising meat</li> </ul>
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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 24<sup>th</sup> May ? plan for this date to be changed and SOL to be updated (GL/MK)
- Exams start on 1<sup>st</sup> 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	<b>Lesson 1:</b> <b>Revision organization</b>  <b>Lesson 2:</b> Diet and health + the big 6
Week 2:	Food Science	<b>Lesson 1:</b> Food Science Carbohydrate Fats and protein  <b>Lesson 2:</b> Heat transfer, Raising agents and effects of cooking foods.
Week 3:	Food Safety	<b>Lesson 1:</b> 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.  <b>Lesson 2:</b> Food spoilage and contamination and prevention of food poisoning. Food microbes in food use yoghurt, bread and milk.
Week 4:	Food Provanance	<b>Lesson 1:</b>

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