

## **AQA GCSE Food and Nutrition**

This is an exciting course which will allow you to demonstrate your practical skills and make connections between theory and practice.

It is built around five key areas:

### **Food, Nutrition and Health**

- Nutrients and their functions
- Healthy eating and dietary needs
- Food Science
- How ingredients work in recipes
- Functional and chemical properties of food

### **Food Safety**

- Safe storage and preparation
- Preventing food poisoning

### **Food Choice**

- Cultural, ethical, and environmental influences
- Marketing and lifestyle factors

## **Food Provenance**

- Where food comes from
- Sustainability and food production
- Practical cookery skills are taught throughout the course.

## **Assessment**

### **Written Exam (50%)**

- 1 hour 45 minutes covering theory and application.
- 100 marks, 20 marks section A, 80 marks section B

### **Non-Exam Assessment (50%)**

- Food Investigation 15%: Explore the science behind ingredients.
- Food Preparation Task 35% : Plan, cook, and present a three-dish menu in a timed session.

### **Why Choose This Course?**

- Develop essential life skills in cooking and nutrition
- Gain knowledge for careers in catering, hospitality, health, and food industries
- Learn about sustainability and healthy living

### Scheme of Learning Year 10 and 11 GCSE Food and Nutrition

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 10</b>	<p><b>Theory</b> Introduction Eatwell Guide Government Guidelines Nutrition Micro and macro nutrients</p> <p><b>Practical</b> Various dishes</p>	<p><b>Theory</b> Health Related Diseases Energy balance Food Choice</p> <p><b>Practical</b> Various dishes</p>	<p><b>Theory</b> Food Safety Bacteria Danger zone Keeping food safe</p> <p><b>Practical</b> Various dishes</p>	<p><b>Theory</b> Food Science Denaturation Caramelization Emulsification Dextrinization Gelatinisation Coagulation Shortening Aeration Plasticity Raising Agents</p> <p><b>Practical</b> Mock NEA 1 Investigation</p>	<p><b>Theory</b> <b>Practical</b> Food provenance Food production Technology in food production Packaging</p> <p><b>Practical</b> Mock Nea 2 Plan 2 dishes Evaluate Nutritional Analysis</p>	<p><b>Theory</b> Food Waste Revision End of year written exam</p> <p><b>Practical</b> Various high-level dishes</p>
<b>Year 11</b>	<p><b>NEA 1</b> Investigation 15%</p>	<p><b>NEA 2</b> Food Preparation prepare 3 dishes. 35%</p>	<p><b>NEA 2</b> Food Preparation Completed.</p>	<p><b>Revision</b> Nutrients and their functions Healthy eating and dietary needs Food Science How ingredients work in recipes Functional and chemical properties of food</p>	<p><b>Revision</b> Nutrients and their functions Healthy eating and dietary needs Food Science How ingredients work in recipes Functional and chemical properties of food</p>	<p><b>Written Examination</b> <b>50%</b></p>