

Curriculum Plan for Food

Exam Board: AQA

More information can be found at:

<https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>

Year 7	Year 8	Year 9	Year 10	Year 11
<p>Food hygiene and safety Safe storage of food</p> <p>Practical: Creaming and rubbing in methods</p> <p>Eatwell Guide</p> <p>Practical: Shaping food</p> <p>Importance of fruit and vegetables Preventing nutrient loss in vegetable preparation Seasonal food and food miles</p> <p>Practical: Fruit and vegetable preparation</p>	<p>Energy Starch and sugar</p> <p>Practical: Potato and pasta dishes</p> <p>Fat Practical: Using different fats in baking</p> <p>Food choice: Special diets-vegetarian, allergy, intolerance, religion</p> <p>Practical: Meat/fish dish, Zesting a lemon</p>	<p>Food poisoning in more depth</p> <p>Practical: Main course dishes e.g. bolognaise, curry</p> <p>Vitamins and minerals</p> <p>Practical: Stir fry Use of electric mixer- swiss roll, cheescake</p> <p>Food provenance and environmental considerations when choosing food</p> <p>Design task linked to the environment</p>	<p>Why and how food is cooked Functional and chemical properties of protein, fat and carbohydrates, raising agents and additives.</p> <p>Food provenance, types of farming, sustainability.</p> <p>Practicals: meringue, pasta, filleting fish, jointing and boning chicken.</p> <p>Practice coursework task to prepare for year 11.</p> <p>Revision</p>	<p>Non examination assessment task set by the exam board which will include research, practical assessments in lessons and a formal practical exam.</p> <p>Revision to prepare for the written examination:</p> <p>Nutrition and meal planning Food science Food safety Food choice Food provenance</p>

Apps or websites used:

www.foodafactoflife.org.uk

GCSEPod

Bitesize

Seneca