



Year 11- Food Preparation and Nutrition Curriculum Plan Overview

Year 11 - GCSE Food Preparation and Nutrition			
Term	Topic	Learning	How can parents' best support
Autumn 1	Cooking Food and Nutrition.	<ul style="list-style-type: none"> • Why we cook food. • Cooking Methods. • Proteins • Carbohydrates • Fats and oils • Vitamins • Minerals and Water 	<p>Discuss nutritional content of food.</p> <p>Look at packets when buying food to make informed choices about buying.</p> <p>Watch cooking shows, try out new recipes together and discuss how they could be made healthier or appropriate for different diets.</p>
Assessment:			
Autumn 2	Food Storage and Safety	<ul style="list-style-type: none"> • Healthy Eating • Meal Planning • Food Storage • Food Spoilage 	<p>Ask students to help put away food shopping and discuss the reasons for why we store food in different places in the kitchen.</p>
Assessment:			
Spring 1	Food Choice	<ul style="list-style-type: none"> • Preparing and Cooking Food • What influences the food we choose to eat. 	<p>Discuss why things are bought for the family.</p> <p>Discuss the considerations made when choosing meals, takeaways or whether to eat out in a restaurant.</p>
Assessment:			
Spring 2	Food Provenance	<ul style="list-style-type: none"> • Food Labelling and Marketing • Sensory Evaluation 	<p>Watch documentaries on farming and food production. Watch Countryfile and discuss where our food comes from.</p>
Assessment:			
GCSE practice paper			
Summer 1	Food Production	<ul style="list-style-type: none"> • British and International Cuisine. • Food Sources • Food and the Environment. • Food Processing and Production 	<p>Watch Inside the factory to see how food production and distribution works in the UK.</p>
Assessment:			
Summer 2	Project work Cooking Methods	<ul style="list-style-type: none"> • Identify and Research a project to investigate. 	<p>Try different cooking methods at home and compare the results.</p> <p>Modify your recipes or food choices at home and see what recipes you prefer.</p>
Assessment:			