



## 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"> <li>● Why we cook food.</li> <li>● Cooking Methods.</li> <li>● Proteins</li> <li>● Carbohydrates</li> <li>● Fats and oils</li> <li>● Vitamins</li> <li>● Minerals and Water</li> </ul>	<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"> <li>● Healthy Eating</li> <li>● Meal Planning</li> <li>● Food Storage</li> <li>● Food Spoilage</li> </ul>	<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"> <li>● Preparing and Cooking Food</li> <li>● What influences the food we choose to eat.</li> </ul>	<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"> <li>● Food Labelling and Marketing</li> <li>● Sensory Evaluation</li> </ul>	<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"> <li>● British and International Cuisine.</li> <li>● Food Sources</li> <li>● Food and the Environment.</li> <li>● Food Processing and Production</li> </ul>	<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"> <li>● Identify and Research a project to investigate.</li> </ul>	<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>