

**AO1:** Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.

**AO2:** Apply knowledge and understanding of nutrition, food, cooking and preparation.

**AO3:** Plan, prepare, cook and present dishes, combining appropriate techniques.

**AO4:** Analyse and evaluate different aspects of nutrition, food, cooking and preparation

Revise for and sit your Y11 mock exams.

- Example of Practical dishes**
- Vegetable rosti
  - Lasagne
  - Carrot/courgette cake
  - Fondant design and icing
  - Fish cakes
  - Ratatouille
  - Pastry pies and tarts
  - Pasta dishes
  - Profiteroles
  - Roulade
  - Jams and chutneys

**Preparation:** Develop and refine high level making skills

Work Experience being a Food Scientist, Nutritionist, Food Developer, working as a Professional Chef and much more.

**REVISION**  
Use SENeca as a revision tool

NEA2 – Hand in

NEA 2 – Practical exam



NEA1 – Hand in

**Knowledge:** Embedding and enhancing knowledge based around scientific principles and nutrition

**Year 10 Projects**

**Demonstrate your knowledge** of Nutrition and Food Preparation throughout six different projects.

**Apply your knowledge** of Nutrition and Food preparation through designing and adapting recipes.

**Demonstrate skills and techniques** in a range of different dishes and cuisines.

**Analyse and evaluate** results from a range of experiments carried out and through evaluation of dishes.

**Non EXAM ASSESSMENT 2 MOCK:**

**Food Preparation Task**

- Research
- Demonstrating Skills
- Planning Menus
- Making and Applying
- Analysis and Evaluation

Start your GCSE Food and Nutrition course

**GCSE KS4**

**Non EXAM ASSESSMENT 1 MOCK:**

**Food Investigation Task**

- Research
- Investigate
- Analyse and Evaluate

Tunnocks Tea Cake Challenge

**Analyse and Evaluate:**

- Sensory characteristics
- Multi cultural foods
- Nutritional labelling

**Demonstrate and Apply Knowledge:**

- Protein dishes used as a commodity in cooking
- Shortening/pastry theory

Attend Options Evening for GCSEs



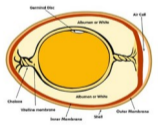
Introduction to Eduqas Food preparation and Nutrition



**Knowledge:** Embedding and enhancing knowledge based around scientific principles and nutrition

**Analyse and Evaluate:**

- Sensory characteristics
- Egg functions
- Use of vegetables as a sugar substitute



**Demonstrate and Apply Knowledge:**

- Biological raising agents, working with yeast and how ingredients work and why?

**Demonstrate Skills and Techniques :**

- Using high risk ingredients: Meat, Chicken, Rice
- Improving knife technique

**Demonstrate Skills and Techniques :**

- Bread Rolls
- Pizza
- Onion chopping



MasterChef  
Be inspired! Watch Master Chef!

**Demonstrate Skills and Techniques :**

- Fruit salad, flapjack, pizza toast, layered pasta ,apple crumble, fruit muffins and a potato dish

Develop good independent study habits



Sign up to take part in GMBO!

**Food Scientists!**

Become a Food Scientist!



Experience formal assessment and learn how to revise

**Demonstrate and Apply Knowledge:**

- Nutrients
- Functions and Sources



**Analyse and Evaluate:**

- Reflect on what you have made applying next steps



**Your first Food lesson**

**Introduction to Food and Nutrition**



Be inspired! Watch the Great British Bake Off!

**KS3**



**Analyse and Evaluate:**

- Reflect on what you have made applying next

**Demonstrate and Apply Knowledge:**

- The Eatwell Guide



**Baseline Assessment:**

- what do you already know?

**Introduction to the food room** Health and safety



**A JOURNEY TO BEING EXCEPTIONAL**

