

### Year 11 Food Preparation & Nutrition Subject Overview

	Term 1	Term 2	Term 3
Topic	<b>Protein, Fats &amp; Sugars</b>	<b>NEA 1, NEA 2</b>	<b>NEA 2 – Exam Prep &amp; Revision</b>
Key Concepts	<p><b>Commodities: Protein, Fats, Oils and Sugars</b></p> <ol style="list-style-type: none"> <li>1. Food commodities</li> <li>2. Principles of nutrition</li> <li>3. Diet and good health</li> <li>4. The science of food</li> <li>5. Where food comes from</li> <li>6. Cooking and food preparation</li> </ol>	<p>NEA 1 The science of food</p>	<p>NEA 2 Cooking and food preparation</p>
Learning Objectives	<p><b>Protein</b></p> <ul style="list-style-type: none"> <li>• Amino Acids</li> <li>• LBV and HBV</li> <li>• Pulses and Beans</li> <li>• Nuts and Seeds</li> <li>• Alternative Protein</li> <li>• Investigation; Cooking Methods</li> <li>• Traceability and Animal Welfare</li> <li>• Types of Meat</li> <li>• Cuts of Meat</li> <li>• Offal</li> <li>• Eggs</li> <li>• Nutritional Value of Protein</li> <li>• Using Mince Practical</li> </ul> <p><b>Fats &amp; Sugars</b></p> <ul style="list-style-type: none"> <li>• Types of Fats and Oils</li> <li>• Making Butter</li> <li>• Emulsification</li> <li>• Nutritional Value of Fat</li> <li>• Cholesterol</li> <li>• Hidden Sugars</li> <li>• Sugar V Starch</li> <li>• Sweeteners</li> <li>• Investigation: Sugar</li> <li>• Artificial Sweeteners</li> <li>• Composition of Sugar</li> </ul>	<p><b>Assessment 1: The Food Investigation Assessment - 8 hours, 15% of total qualification: September 1<sup>st</sup></b></p> <p>A Food Investigation will be set that will require each learner to:</p> <ol style="list-style-type: none"> <li>(i) (a) research and plan the task</li> <li>(b) investigate the working characteristics, function, and chemical properties of ingredients through practical experimentation and use the findings to achieve a particular result.</li> <li>(c) analyse and evaluate the task</li> <li>(ii) produce a report which evidences all the above and includes photographs and/or visual recordings to support the investigation.</li> </ol>	<p><b>Assessment 2: The Food Preparation Assessment - 12 hours, 35% of total qualification: November 1<sup>st</sup></b></p> <p>This assessment is synoptic and assesses the application of knowledge and understanding in relation to selecting dishes and identifying cooking skills/techniques and the execution of practical skills.</p> <p>This assessment will require learners to: Plan, prepare, cook, and present a selection of dishes, to meet particular requirements such as a dietary need, lifestyle choice or specific context.</p> <p>Two options for this assessment will be set by WJEC Eduqas that will require the learners to:</p> <ol style="list-style-type: none"> <li>(i)(a) investigate and plan the task, select a final menu to be produced to showcase skills and produce a plan of action for the practical execution of the dishes (to include trialling and testing)</li> <li>(b) prepare, cook, and present a <b>menu of three dishes</b> within a single session.</li> <li>(c) evaluate the selection, preparation, cooking and presentation of the three dishes</li> </ol> <p>(ii) produce a folio of evidence which includes documentation related to the selection of</p>

	<ul style="list-style-type: none"> <li>• Function of Sugar</li> <li>• Caramel Slice Practical</li> </ul>		dishes, planning and evaluation and photographs and/or visual recordings which demonstrate the learner's application of technical skills and the final outcomes.
Scaffolding SEND	Glossaries, differentiated tasks, targeted questioning, demonstrations, skill development, reading strategies, guided reading activities, model answers, recall quizzes, sentence starters and writing frames.	Glossaries, differentiated tasks, targeted questioning, demonstrations, skill development, reading strategies, guided reading activities, model answers, recall quizzes, sentence starters and writing frames.	Glossaries, differentiated tasks, targeted questioning, demonstrations, skill development, reading strategies, guided reading activities, model answers, recall quizzes, sentence starters and writing frames.
Key Vocabulary	<a href="https://www.foodafactoflife.org.uk/14-16-years/">https://www.foodafactoflife.org.uk/14-16-years/</a>	<a href="https://www.foodafactoflife.org.uk/14-16-years/">https://www.foodafactoflife.org.uk/14-16-years/</a>	<a href="https://www.foodafactoflife.org.uk/14-16-years/">https://www.foodafactoflife.org.uk/14-16-years/</a>
Formative Assessment	Plenaries, questioning, quizzes, feedback.	Plenaries, questioning, quizzes, feedback.	Plenaries, questioning, quizzes, feedback.
Summative Assessment	End of Topic Assessment	NEA 1, NEA 2	NEA 2, GCSE Exam
Careers	<a href="https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food">https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food</a>	<a href="https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food">https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food</a>	<a href="https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food">https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food</a>
Links to build on....	KS3 Curriculum and SOW	KS3 Curriculum and SOW	KS3 Curriculum and SOW
To prepare for....	Food Preparation and Nutrition Component 1: GCSE Examination Component 2 : NEA 1: The Food Investigation Assessment NEA 2: The Food Preparation Assessment	Food Preparation and Nutrition Component 1: GCSE Examination Component 2 : NEA 1: The Food Investigation Assessment NEA 2: The Food Preparation Assessment	Food Preparation and Nutrition Component 1: GCSE Examination Component 2 : NEA 1: The Food Investigation Assessment NEA 2: The Food Preparation Assessment