

# Food Preparation and Nutrition

**Nutrition isn't about eating it's about learning to live**

We follow the Eduqas GCSE Food Preparation and Nutrition. This covers 6 areas of learning

- Diet and Good Health
- Principles of Nutrition
- Food Commodities
- Science of Food
- Food Provenance
- Cooking and Food Preparation

## **Year 11 Food Preparation and Nutrition Overview**

### HT 1

We will begin our study with practice sessions of the NEA1 and then follow through with the preparation and completion of the investigation and coursework set out by the exam board.

### HT 2

Revision, consolidation of work done during partial school closure and mock exam preparation. This will focus on preparation for the mock paper

- Pastry – functions and methods
- Eat well guide, healthy eating guidelines and nutrition Diets through life – needs of different groups Cooking methods and heat transfer
- Cereal products – wheat and other main cereals
- Food choices and environmental considerations, protein alternatives including vegetarianism
- Product development – how and why and costs/benefits
- Food safety including a revision of temperature control
- Practical work will also be completed that will prepare them for the demands of NEA 2 – this will not be planned until the task is released – date TBA by the exam board.

### HT 3/4 - NEA2

NEA2 will cover the following elements:

- Analysis of task
- Research
- Dishes to be made and Reasons for choice
- Plan of action including Time plan
- Practical – 3 dishes and accompaniments in 3 hours
- Evaluation

Revision will be set each week for homework

### HT 5

Revision and exam preparation