



## GCSE FOOD PREPARATION AND NUTRITION KS4 Curriculum

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 10</b>	<b>Commodity – Fruit &amp; Vegetables</b> <ul style="list-style-type: none"> <li>• Provenance</li> <li>• How commodity is grown/ reared and processed</li> <li>• Classification</li> <li>• Nutritional values</li> <li>• Dietary considerations</li> <li>• Food Science</li> <li>• Practice investigation</li> <li>• Food hygiene and safety</li> <li>• Storage</li> </ul> <b>Practical:</b> <ul style="list-style-type: none"> <li>• Flatbread pizza</li> <li>• Stir fry</li> <li>• Vegetable soup</li> <li>• Eve's pudding</li> <li>• Cauliflower and broccoli cheese</li> <li>• Raspberry Swiss roll</li> <li>• Food science investigation – Enzymic browning</li> </ul>	<b>Commodity – Milk, cheese and yoghurt</b> <p>Same content covered as fruit and vegetables</p> <b>Practical:</b> <ul style="list-style-type: none"> <li>• Quiche</li> <li>• Pancakes</li> <li>• Potatoes Dauphinoise</li> <li>• Chocolate orange mousse</li> <li>• Lemon yoghurt cake</li> <li>• Food science investigation – making butter from cream</li> </ul>	<b>Commodity – Cereals</b> <p>Same content covered as fruit and vegetables</p> <b>Practical:</b> <ul style="list-style-type: none"> <li>• Basic bread rolls</li> <li>• Fresh pasta dough</li> <li>• Spaghetti with a tomato sauce</li> <li>• Mushroom risotto</li> <li>• Food science investigation – gluten content of flours</li> <li>• Own choice dish suitable for a special diet</li> </ul>	<b>Commodity – Meat, fish, poultry and eggs</b> <p>Same content covered as fruit and vegetables</p> <b>Practical:</b> <ul style="list-style-type: none"> <li>• Portioning a chicken</li> <li>• Stuffed and wrapped chicken breast with Julienne vegetables</li> <li>• Chicken pie</li> <li>• Sticky chicken wings and drumsticks</li> <li>• Fish goujons with homemade mayonnaise</li> <li>• Marble bars</li> <li>• Scotch eggs</li> <li>• Food science investigation – coagulation of eggs</li> <li>• Own choice dish suitable for a special diet</li> </ul>	<b>Commodity – Soya, tofu, beans, nuts and seeds</b> <p>Same content covered as fruit and vegetables</p> <b>Practical:</b> <ul style="list-style-type: none"> <li>• Cheesy bean burgers</li> <li>• Pecan pie</li> <li>• Quorn Thai curry</li> <li>• Tofu stir fry</li> <li>• Food science investigation – meat vs protein alternative</li> <li>• Own choice dish suitable for a special dish</li> </ul>	<b>Commodity – Butter, oils, margarine, sugar and syrups</b> <p>Same content covered as fruit and vegetables</p> <b>Practical:</b> <ul style="list-style-type: none"> <li>• Rough puff pastry</li> <li>• Sausage rolls</li> <li>• Choux pastry</li> <li>• Meringues</li> <li>• Lemon meringue pie</li> <li>• Food science investigation – function of sugars in cakes</li> <li>• Own choice dish suitable for a special diet</li> </ul>

	<ul style="list-style-type: none"> <li>• Own choice dish suitable for a special diet</li> </ul>	<ul style="list-style-type: none"> <li>• Own choice dish suitable for a special diet</li> </ul>				
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 11</b>	<p>Complete any unfinished topics from Year 10 curriculum</p> <p>Preparation and completion of <b>Non-Exam Assessment 1: The Food Science Investigation</b> (worth 15% of final marks)</p> <p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• Food science experiments to reflect the assessment task</li> </ul>	<p>Continue completion of <b>Non-Exam Assessment 1</b></p> <p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• Assessment 1 Food science investigation</li> </ul>	<p>Preparation and completion of <b>Non-Exam Assessment 2: The Food Preparation Task</b> (worth 35% of final marks)</p> <p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• Recipe trials for Non-Exam Assessment 2</li> </ul>	<p>Continue completion of <b>Non-Exam Assessment 2</b></p> <p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• Assessment 2 Practical Assessment</li> </ul>	<p>Complete any unfinished topics from Year 10 curriculum and Exam revision</p>	