



Year 11 Food Preparation & Nutrition Curriculum Map

Overview	<p>The OCR GCSE course is to develop students' knowledge and understanding of food and nutrition, improve their practical food preparation and cooking skills. The course is divided into 4 sections - Nutrition, Food, Cooking and Food Preparation and Skill Requirements. The course is assessed in 3 ways - Written exam paper (50%), Food Investigation (15%) and a Food Preparation Task (35%). (Due to Covid the Food Investigation has been withdrawn for 2022 assessment) . The course is supported by Hodder Education resources. https://www.hoddereducation.co.uk/dynamic-learning https://www.ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-j309-from-2016/</p>					
Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	EXAM BOARD NEA	EXAM BOARD NEA	EXAM BOARD NEA	EXAM REVISION	Exam Timetable	Exam Timetable
Knowledge	<p>Section 1 Planning and Research Identifying key elements in scenario and relating them to a Healthy Balanced diet and the versatility of ingredients</p> <p>Section 2 Selection of Dishes Adv.Dis of dishes in relation to the brief. Identification of skill levels</p>	<p>Section 3 Final Choices Explanation of nutritional values and justification why these dishes have been chosen. Classification of skills used</p>	<p>Section 4 Nutritional Analysis of Dishes Using computer software to evaluate nutritional values based on a healthy diet.</p> <p>Section 5 Cost and Seasonality Breakdown of the cost of the dishes made Identify food provenance</p>	<p>Revision schedule covering; Section A,B,C,D</p> <p>Exam Technique</p> <p>Command words</p> <p>How marks are awarded</p>	<p>NEA Submitted</p> <p>Revision as required</p> <p>Past papers</p> <p>Exam style questions</p>	<p>Exam Timetable</p>
Skills	<p>Identifying what is required from the scenario</p> <p>Researching specific ingredients and dishes</p> <p>Evaluating suitability</p> <p>Analysing skills involved in making dish</p> <p>Presenting findings</p>	<p>Practical skills - to produce both dishes</p> <p>Observing changes in sensory characteristics</p> <p>Justifying why dishes fulfill the brief.</p>	<p>Using software to identify nutritional values</p> <p>Researching cost of dish, price, portion sizes.</p>	<p>Theory revision skills for Sections A,B,C,D</p> <p>Exam Technique</p> <p>Command words</p> <p>How marks are awarded</p> <p>Past Papers</p>	<p>NEA Submitted</p> <p>Revision as required</p> <p>Past papers</p> <p>Exam style questions</p>	<p>Exam Timetable</p>