BISHOP LUFFA SCHOOL

KS4

LEARNING JOURNEY

Food Preparation and Nutrition

Continue your lifelong love of learning and personal development

Start an apprenticeship

Attend college

Springboard FutureChef

Explore career pathways: Nutrition, sports nutrition, catering, hospitality, managing a business. The list is endless!

Start your own business!

Revise for and sit your actual GCSEs to give yourself a competitive edge in life

100 Marks 50%

Mission – Attend the Year 11 Leavers' Prom

Your future!

Use nutritional software

Explore government guidelines

NEA 2 – Practical exam

Gain confidence

June

Prepare the Menu

Taste Testing

Analyse and Evaluate

Revision

Sit your final exam!

Research the task

NEA2 – Hand in

Attend college taster days

Apply for your college place

Consider the format of GCSE AQA exam and refine revision techniques

Example of Practical dishes:
Stir fry
Lasagne
Carrot/courgette cake
Fondant design and icing
Fish cakes
Pizza
Pastry pies and tarts
Ravioli
Profiteroles
Pavlova
Roulade

105 Marks, 35%

NEA1 – Hand in

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

45 marks, 15%

September

Non EXAM ASSESSMENT 1:
Food Investigation Task
Research
Investigate
Analyse and Evaluate

November

NEA Task 2

Revise for and sit your Y11 mock exams.

Investigate and Evaluate

Begin the written report.

NEA Task 1

YEAR 11

Non EXAM ASSESSMENT 2:
Food Preparation Task
Research
Demonstrating Skills
Planning Menu's
Making and Applying
Analysis and Evaluation

Make a checklist to ensure you don't forget to revise a section.

Technology and food

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

Skill Requirements

Food provenance and choice

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

Sensory Tables

Develop knowledge through research

Topic B

Work Experience

Topic C

Develop cooking skills

Topic D

Gain confidence in the kitchen

Investigate and explore target groups, their needs and nutrition in relation to the eat well plate

Research

Develop knowledge

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

Visit to professional kitchen/industry

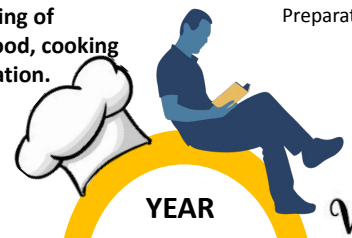
AO2:
Apply knowledge and understanding of nutrition, food, cooking and preparation.

Cooking and Food Preparation

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

Nutrients and functions

Start your GCSE journey!



KS4

Topic A

Food and Nutrition

YEAR 10

Welcome TO OUR Kitchen

Nutrition: chemical and functional process, diet and health

Introduction to the course

Begin to connect theory and practice of food nutrition, food science and healthy eating.