

KS4 GCSE Food Preparation & Nutrition (Eduqas) Subject Learning Journey

Year 10



Nutrition
What are the sources and function of all the nutrients?

Diet and Good Health - How can I ensure that I eat healthily?

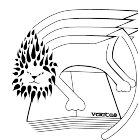
Recommended guidelines - why do we need to follow them?

Special dietary needs - diabetes, coeliac, obesity, religion, life-stages, intolerances

Food Provenance - grown/reared; food poverty / security

Why do we need to cook food?

Practicals - deboning a chicken, filleting fish, making bread, pasta, pastry, sauces from scratch



Food commodities - their value in our diet - bread, cereals, meat, fish, fruit & vegetables



Why do we choose the foods we do?

What might the consequences be if food is not stored & cooked safely?

How has technology impacted the food industry?

Science - the effects of different methods of cooking on food

Year 11

NEA 2 Research based project 70 marks

Oracy



A level Ready!

NEA 1
Science based activity
30 marks

NEA 2 Demonstration of high level technical skills in practical work

NEA 2
3 hour practical exam exhibiting all of the technical skills learnt on the course

Revision and how to answer the exam questions. What does the exam board want to see in your answers?