

# KS4|CURRICULUM

## Food Preparation & Nutrition



THE  
**THOMAS  
AVELING**  
SCHOOL

There are several reasons why learning Food at GCSE makes a difference to your education and the opportunities you will have in your life. It is designed to motivate learners to develop the high level of knowledge, understanding and skills to cook and apply the principles of food science, nutrition and healthy eating. Students learn about improving lives through better knowledge of food, where it comes from and how it affects our bodies. Explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes.

Future Careers include: New Product Development, Quality Management: Environmental Health, Buying, Nutrition, Food Research, as well as a range of careers in the hospitality industry.

### Year 9

- **Developing technical skills and knowledge of processes and ingredients** – students will develop a wide range of basic practical skills, presentation skills, combining, knife skills.
- **Nutrition, nutritional needs, and health**
- **Food Science**
- **Food Safety**

### Year 10

- **Food Choice and developing on understanding of what affects food choice**
- **Food Provenance**
- **Food Science – in practice**
- **Non-Exam Assessment (NEA) 2 practise task**

### Year 11

- **NEA 1 - Food Investigation (30 marks).** Students' understanding of the working characteristics, functional and chemical properties of ingredients  
Practical investigations are a compulsory element of this NEA task.
- **NEA 2 - Food Preparation assessment (70 marks).** Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and

application of nutrition related to the chosen task. Students will prepare, cook, and present a final menu of three dishes within a single period of no more than three hours; planning in advance as to how this will be achieved.

- **Revision**

