

The study of Food Preparation and Nutrition focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition. Upon completion of this course, students will be qualified to go on to further study or embark on an apprenticeship or full time career in the catering or food industries.

**NEA 1 - NON-EXAMINED ASSESSMENT  
(FOOD INVESTIGATION TASK)**  
Analyse the task

**YEAR  
11**



**FOOD PREPARATION AND COOKING**  
Use a wide range of preparation and cooking techniques and equipment. Culinary traditions (traditional British and international)

**FOOD PROVENANCE**  
Food processing and production

**THE SCIENCE OF FOOD**  
Functional, chemical and nutritional characteristics of ingredients. Microbiological food safety, technological developments and new food trends



**DIET AND GOOD HEALTH**  
Food availability, production processes



**FOOD COMMODITIES**  
Knowledge and use of commodities from the main food groups

**PRINCIPLES OF NUTRITION**  
Nutritional and dietary needs of different groups of people?

**YEAR  
10**



Adapt, plan and make dishes for a wide range of people groups



Use a range of creative skills and techniques

Food provenance, sustainability and consumer information



**EMBEDDING KNOWLEDGE AND SKILLS**  
Principles of food hygiene and safety

Food nutrition, science and energy balance

**YEAR  
9**

Apply and use appropriate literacy and numeracy skills



Adapt, plan, make and evaluate dishes for a range of people groups

Develop creative and technical skills and techniques

**YEAR  
7**



**WELCOME**

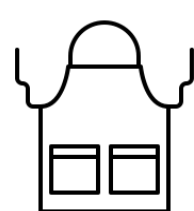


Purposeful use of appropriate literacy and numeracy skills

Test and evaluate dishes

Basic food preparation and cooking techniques

Food provenance and seasonality of food



The Eatwell Guide and key nutrients



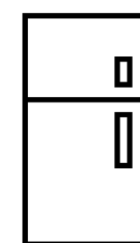
**BUILDING KNOWLEDGE AND SKILLS**  
Personal and food hygiene and safety



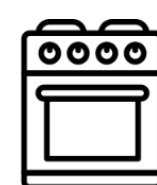
Nutrition and impact on health



Food provenance, food security and consumer choice



Use a variety of ingredients and equipment



Use of the cooker, and other basic kitchen equipment

Produce folio of evidence documenting application of skills and final outcomes



**REVISION FOR WRITTEN EXAMINATION**  
Review of content covered

Evaluate and present high quality dishes

Showcase a wide range of skills and techniques

Menu selection, trialling and testing of dishes

Produce report which evidences all findings from investigation

Investigate food products

Carry out research and establish a hypothesis

Analyse, interpret and evaluate results and hypothesis

**NEA 2 - NON-EXAMINED ASSESSMENT  
(FOOD PREPARATION TASK)**  
Investigate research and plan tasks

