

# HOME ECONOMICS FOOD AND NUTRITION GCSE

Year 10	Curriculum content covered
Term 1	<p>Introduction to Home Economics Food and Nutrition:</p> <ul style="list-style-type: none"> <li>• H&amp;S</li> <li>• Working with catering tools and equipment.</li> <li>• The function of ingredients.</li> <li>• Menu planning.</li> <li>• Key preparation and manufacturing skills (vegetables).</li> <li>• Testing and evaluation of food.</li> <li>• Nutrition and nutritional analysis.</li> <li>• Research into world cuisine and food cultures.</li> <li>• The structure of a food write up/recipe (ingredients, equipment, costs, process, nutritional information and testing and evaluation)</li> <li>• Revision and examination practice.</li> </ul>
Term 2	<p>Understanding different foods:</p> <ul style="list-style-type: none"> <li>• Pupils are introduced to different cooking techniques.</li> <li>• Students taught about and to work with the following food groups; Meat and butchery skills, Dairy</li> <li>• How foods are manufactured in industry.</li> <li>• Key preparation and manufacturing skills (Meat, Poultry and Fish).</li> <li>• Key preparation and manufacturing skills (Baking and deserts).</li> <li>• Raising agents.</li> <li>• Gelatinisation.</li> <li>• Advanced nutrition (Proteins, Fats, Carbohydrates, Vitamins and Minerals, Fibre, Starches and Sugars).</li> <li>• Food related illnesses.</li> <li>• Customer protection.</li> <li>• Food law and sale of goods act.</li> <li>• Food preservation and food additives.</li> <li>• Food packaging and labelling.</li> <li>• Diets.</li> <li>• The use of ICT in Food Technology.</li> <li>• Revision and examination practice.</li> </ul>

Term 3	<p>Controlled assessment (Research project)</p> <ul style="list-style-type: none"> <li>• Students will be introduced to controlled assessment tasks for Y10 GCSE research project (Course work worth 10% of grade)</li> <li>• Research skills (primary and secondary).</li> <li>• Analysis of problem and issues arising.</li> <li>• Menu ideas.</li> <li>• Nutrition and healthy living.</li> <li>• Development of meal plan.</li> <li>• Production of chose meal.</li> <li>• Product write up.</li> <li>• Testing and evaluation.</li> <li>• Conclusion.</li> <li>• Revision and end of Y10 examination.</li> </ul>
<b>Year 11</b>	<b>Curriculum content covered</b>
Term 1	<p>Controlled assessment ( Individual investigation)</p> <ul style="list-style-type: none"> <li>• Students will be introduced to controlled assessment tasks for Y11 GCSE research project (Course work worth 50% of grade)</li> <li>• Research skills (primary and secondary).</li> <li>• Analysis of problem and issues arising.</li> <li>• Menu ideas.</li> <li>• Nutrition and healthy living.</li> <li>• Costing's.</li> <li>• Revision and examination practice.</li> </ul>
Term 2	<p>Controlled assessment (manufacture and evaluation)</p> <ul style="list-style-type: none"> <li>• Development of meal plans.</li> <li>• Production of chose meals.</li> <li>• Product write up.</li> <li>• Testing and evaluation.</li> <li>• Conclusion.</li> <li>• Revision and examination practice.</li> </ul>
Term 3	<p>Controlled assessment ( Individual investigation)</p> <ul style="list-style-type: none"> <li>• Students will be introduced to controlled assessment tasks for Y11 GCSE research project (Course work worth 50% of grade)</li> <li>• Research skills (primary and secondary).</li> <li>• Analysis of problem and issues arising.</li> <li>• Menu ideas.</li> <li>• Nutrition and healthy living.</li> <li>• Costing's.</li> <li>• Revision and examination practice.</li> </ul>

