



Food Preparation and Nutrition Overview – Year 10

The GCSE Food Preparation & Nutrition course introduces students to a broad and engaging programme of study that builds essential life skills alongside a deeper understanding of nutrition, food science and healthy living. Across the year, students develop the confidence to investigate, prepare, cook and evaluate a wide range of dishes while learning the scientific principles that underpin successful outcomes.

	Autumn	Spring	Summer
Topic(s)	Foundations of Food Science • Healthy Eating & Nutrition • Understanding Fats and Cholesterol	Energy Balance • Diet-Related Health Conditions • Macronutrients in Depth	Micronutrients • Food Safety & Spoilage • Heat Transfer • Sensory Evaluation • Exam Preparation
Topic Objectives	Through a blend of practical and theoretical learning, students will explore scientific principles such as gelatinisation and dextrinisation, understand how fats function in the diet, build confidence in preparing dishes safely, and begin applying structured written responses suitable for GCSE.	Students investigate how energy balance affects health, explore macronutrients in detail, and learn to make healthier recipe adaptations using nutritional reasoning.	Students explore the role of vitamins and minerals, understand bacterial growth and safe storage, develop heat-transfer knowledge and strengthen sensory evaluation skills in preparation for Year 11.
Acquired Knowledge/Skills	Students will be able to describe key food science processes, demonstrate safe knife and equipment skills, prepare dishes with independence, evaluate outcomes using sensory vocabulary, and apply simple GCSE-style written structures.	Students will analyse nutritional values, explain links between diet and health, prepare more complex dishes and justify decisions using technical, sensory and nutritional evidence.	Students will apply safe food-handling routines, cook a range of dishes using multiple techniques, evaluate independently and show readiness for Year 11 mock-exam work.
Assessments	Ongoing formative feedback, a practical skills assessment, and a written task demonstrating understanding of food science principles.	A written assessment focusing on nutrition and health, a practical dish with justification, and structured extended-response practice.	End-of-year mock exam, practical assessment with evaluation, and regular retrieval practice.
Citizenship	<ul style="list-style-type: none"> • PSHE Development: Hygiene, healthy choices and wellbeing. • Careers Education: catering, nutrition and hospitality. • Fundamental British Values: Safety routines and respect for shared spaces. • SMSC Development: Cultural influences on food. 	<ul style="list-style-type: none"> • PSHE Development: Informed food choices. • Careers Education: Public health and dietetics. • Fundamental British Values: Respect for dietary needs and food laws. • SMSC Development: cultural diversity in diets. 	<ul style="list-style-type: none"> • PSHE Development: Safe and responsible choices. • Careers Education: Careers: food hygiene and environmental health. • Fundamental British Values: Hygiene legislation. • SMSC Development: Sustainability and ethical food decisions.

Food Preparation and Nutrition Overview – Year 11

In Year 11, students apply the knowledge and skills developed in Year 10 to complete their two GCSE Non-Exam Assessments (NEA1 and NEA2), followed by structured preparation for the final written examination. Students learn how to investigate, plan, trial and produce high-quality outcomes that demonstrate mastery of both technical and theoretical concepts.

	Autumn	Spring	Summer
Topic(s)	NEA1: Food Investigation (15%)	NEA2: Food Preparation Assessment (35%)	GCSE Written Exam Preparation (50%)
Topic Objectives	Students begin their assessed investigation by researching how ingredients function, planning and conducting practical tests, analysing results and drawing clear conclusions.	Students research user needs and dietary requirements, trial and adapt dishes, develop a three-dish menu and produce a detailed time plan and equipment list.	Students consolidate learning across nutrition, food science, safety, provenance and sustainability through structured revision, retrieval practice and extended exam responses.
Acquired Knowledge/Skills	Students will write hypotheses, conduct structured investigations, record data accurately and evaluate findings confidently.	Students will demonstrate advanced practical skills, manage time effectively during the three-hour exam, present dishes to a high standard and evaluate them using sensory, technical and nutritional criteria.	Students will apply knowledge confidently under exam conditions, produce clear extended responses and demonstrate secure understanding of scientific and nutritional concepts.
Assessments	Formal assessment: Completion of NEA1 (15%).	Formal assessment: Completion of NEA2 including the 3-hour practical exam (35%).	Component 1 Written Examination (50%).
Citizenship	<ul style="list-style-type: none"> • PSHE Development: Understanding how food choices impact wellbeing. SMSC: cultural and ethical considerations. • Careers Education: Food science and product development. • Fundamental British Values: Safety regulations. • SMSC Development: Cultural and ethical considerations. 	<ul style="list-style-type: none"> • PSHE Development: Nutritional needs and special diets. • Careers Education: Catering, hospitality and nutrition. • Fundamental British Values: Hygiene standards. • SMSC Development: Celebration of cultural foods. 	<ul style="list-style-type: none"> • PSHE Development: Lifelong healthy choices. • Careers Education: Careers: future pathways in nutrition and health • Fundamental British Values: Consumer rights and food legislation. • SMSC Development: Global food issues and sustainability.

