

Year 10 Food & Nutrition

During Year 10, students will follow a course leading to the external assessment and awarding of WJEC Eduqas GCSE in Food Preparation and Nutrition. Following on from Year 10, this course aims to further deepen the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

It is designed to encourage students to cook, make informed decisions about food and nutrition and allow students to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.

Students will be expected to make connections between theory and practice so that they are able to apply their understanding of food science and nutrition to their coursework and trial and terminal examinations.

Methods of deepening and securing knowledge:

Revisiting prior learning	Students will be expected to revisit and build on prior learning gained in Key Stage 3 and apply this to their studies.
Knowledge testing	Topic tests will be given during Year 10 using a similar format to Year 9 to prepare students for GCSE-style examination questions. Revision sessions will be tested via exam-style questions and quizzes. Independent study will also be used to continue to develop and test key areas using exam-style questions throughout the year.
Interleaved learning	Links will be made to the key areas of learning throughout each topic to deepen and extend understanding. Do now tasks and plenaries will be used to refresh knowledge at any point to reinforce learning. Students will revisit all six key topics in the trial examination in the summer term.

	Autumn term 1	Autumn term 2	Spring term 1
Topic(s)	<p>Unit 1 - Food Security</p> <p>All people at all times should have sufficient safe, nutritious food to maintain a healthy and active life (World Food Summit 1996). During this unit students will be given an introduction to the course and assessment structure and begin study by looking at food security.</p> <p>Students will start with looking at food hygiene and safety and how this is applied in practice to make food safe to eat.</p> <p>Students will then move on to look at nutrition and diet to consider individual consumer needs, finally looking at the availability of food in different countries, building on from our studies in Year 9.</p>	<p>Unit 2 - The Science of Food</p> <p>During this unit students will further build on knowledge and understanding gained in Year 9 on staple ingredients and basic recipes. Students will look in more depth at how different ingredients react and the impact this has on the quality of food.</p> <p>Students will start to look at the investigation skills required to complete the NEA1 assessment in Year 11 by completing a trial NEA1 in pairs.</p>	<p>Unit 3 - Foods for Specific Markets - NEA2 mini task.</p> <p>This unit will focus on developing students' research and design skills to solve a real-life problem.</p> <p>Students will be given an NEA task and complete a mini assessment to research, design and develop a product that meets the specified brief.</p> <p>Access to IT will be given for research and writing up a portfolio of evidence.</p>
Assessment	<p>Assessment will be an end of unit test. This test will have a design and planning task and students will have a 50-minute practical assessment.</p>	<p>Assessment will be an end of unit test. This test will have a design and planning task and students will have a 50-minute practical assessment. and self-assessment.</p>	<p>Assessment by portfolio and practical based on NEA2 assessment criteria.</p>
CEIAG (<i>Careers that are linked to that topic</i>)	<p>Environmental Health Officer, roles in the catering and food manufacturing industry relating to production and quality control.</p>	<p>Food scientists and product developers.</p>	<p>Catering - chef</p>

	Spring term 2	Summer term 1	Summer term 2
Topic(s)	<p>Unit 4 - Food Provenance - staple carbohydrates</p> <p>In this unit students will be exploring in greater depth the provenance of certain food commodities - wheat, rice and potatoes. Students will conduct research, investigations and develop a product showcasing their knowledge of each staple food.</p>	<p>Unit 5 - Food Provenance - protein, including meat, poultry and eggs, fish and seafood and alternatives</p> <p>In this unit students will explore in greater depth farming and manufacture of foods that provide protein to the diet. Students will select a target consumer group and plan a balanced meal that addresses the nutritional and economic constraints of their target consumer group.</p>	<p>Unit 6 - Food Provenance - dairy and alternatives</p> <p>In this short unit students will look at dairy farming and milk, cheese manufacture. Students will conduct a small NEA1 style investigation in pairs on this topic. The remainder of the term will focus on revision in preparation for the trial exam.</p>
Assessment	<p>Assessment will be an end of unit test. This test will have a design and planning task and students will have a 50-minute practical assessment and self assessment.</p>	<p>Assessment will be an end of unit test. This test will have a design and planning task and students will have a 50-minute practical assessment.</p>	<p>Trial 1 written examination: 1 hour 45 minutes (100 marks) 50% of grade</p> <p>This component will consist of two sections both containing compulsory questions and will assess the six areas of content:</p> <ol style="list-style-type: none"> 1. Food commodities. 2. Principles of nutrition. 3. Diet and good health. 4. The science of food. 5. Where food comes from. 6. Cooking and food preparation. <p>Section A: questions based on stimulus material. Section B: structured, short and extended response questions to assess content related to food preparation and nutrition. Assessment marks and grades will be fed back with a summary of strengths and areas to develop based on marking.</p>
CEIAG (<i>Careers that are linked to that topic</i>)	Farming, gardening and manufacturing.	Farming and manufacturing.	Farming and manufacturing.

Independent Study

Independent study will be set weekly and will vary according to the topic. It may be research, evaluation or revision of knowledge during Year 10.