

Course Information:

Course name: **Food Preparation and Nutrition** Exam Board: **Eduqas** Subject Code: 601/8093/6

Course Structure:

Unit title	Unit 1	Unit 2
Description	Core Knowledge	Experiment and NEA
Course weighting	50%	50%

Timeline: Year 10

Timeline: Year 11

Summer 2 (roll up)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2 (roll up)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Principles of Nutrition	Diet and good health	Science of cooking	Basic Mixture and recipe	Food Spoilage and Food Providence	Culture and cuisine and Factors affecting food choices	Commodities	Experimental Development	NEA	NEA	NEA	Revision/
Key Nutrients Why the body needs nutrients. Functions and sources of nutrients. Effect of little or too much. How water and fire contribute to the body.	What is a healthy diet? Guidelines recommended for healthy eating. Nutritional needs which changes during life. Hoe lifestyle affects food choice.	How het is transferred to food? The scientific principles behind cooking and preparing food. The basic terminology of food science. Types and functions of raising agents.	Which ingredients are needed for basic mixture. Proportion of ingredients used in basic mixture. How basic mixtures are made.	How to recognise sign of food spoilage. What are pathogenic bacteria and how to prevent food poisoning. Food preservation. Environmental and financial effects of food wastage.	Food miles The impact of food miles on the environment. The impact of packaging on the environment. Different cuisine throughout the world. Herbs and spices from across the world.	What are cereals? Wheat Bread Pasta Rice Maize Oats, barley and rye Other grains . Food investigation.	This aspect is release by the Exam board at the start of November	This aspect is release by the Exam board at the start of the Autumn term.			

9-7	6-5	4-1
Students demonstrated a <b>comprehensive knowledge</b> and <b>understanding</b> of core knowledge, Analyse and examine the pros and cons of different commodities. Explain in great details food mills and its effect on the environment citing financial implications. Discuss what makes a good diet in detail and how life choice impact our diet and affect ones food choice. A comprehensive plan has been completed, providing sufficient detail with a number of variables suggested with outcomes predicted. An excellent, detailed knowledge and understanding of the working characteristics and functional and chemical properties of the ingredients selected during the investigation is evident by the decisions made.	Demonstrate <b>sound knowledge</b> and <b>understanding</b> of core knowledge. Explain and Describe the pros and cons of different commodities. Explain food mills and its effect on the environment. Discuss what makes a good diet in detail and how life choice impact our diet and affect ones food choice. Research has been collected from a number of relevant sources. The plan is structured and provides sufficient detail to enable the Investigation to be completed. Some use of appropriate food science terminology. A wide range of tests have been carried out to include sensory preference tests and participant feedback to formulate the results. Photographic evidence identifying the stages of the investigation have been well annotated and documented	Demonstrate <b>basic knowledge</b> and <b>understanding</b> of core knowledge. Explain and Describe the pros and cons of different commodities. Explain food mills and its effect on the environment without citing financial implications. Discuss what makes a good diet in detail and how life choice impact our diet and affect ones food choice. A limited sources used to collect information with simple relevance to the content. The plan is structured and provides limited detail to enable the Investigation to be completed.