




Y11 GCSE Food Prep and Nutrition	Unit Navigator				
In this unit you will investigate water on the land. The aims are as follows: LG1: Knowledge LG2: Application LG3: Skills	Assessment Grades	9 to 1			
	NEA1 – using AQA assessment scheme				
	NEA2 – using AQA assessment scheme				
	November mock exam				
	March mock exam				
Theme	Learning Goals/Outcomes/Content				
Factors Affecting Food Choice	LG1: explain how different factors affect food choice LG2: apply FAFC knowledge to GCSE exam questions				
Introduction to Y11 course	LG1: Understand the requirements of the Year 11 course including: • food investigation task • food preparation task • final exam. (This lesson is not included in the 10 hours as it is information giving only).				
NEA1 intro. (10 hours max to be spent on NEA1)	LG1: Understand the requirements of the food investigation task including: <ul style="list-style-type: none"> • research, plan and carry out an investigation into • record the investigation findings • analyse and evaluate results • present the food investigation task 				
NEA1 section A	LG1: Research, plan and carry out an investigation into the working characteristics, functional and chemical properties of ingredients. LG2: Develop research skills to gather and use primary and secondary sources of information. LG2: Develop analysis and evaluation skills and explain how findings will influence practical investigations. LG2: Write a hypothesis or prediction based upon research findings. LG2: Plan relevant and appropriate practical investigations referring to research findings and hypothesis.				
NEA1 section B	LG2: Carry out a range of practical investigations into the working characteristics, functional and chemical properties of ingredients as identified in research findings. LG2: Identify essential controls when carrying out a food investigation. LG3: Record results from investigation using charts, graphs, tables, sensory testing and annotated photographs. LG2 and 3: Explain how results of each investigation should be used to form the next stage of investigation with reasoning.				
NEA1 section C	LG3: Analyse and interpret the results of investigative work. LG3: Link the results to research explaining the working characteristics, functional and chemical properties of ingredients tested. LG3: Write a conclusion to the hypothesis/prediction with reasons and justifications. LG3: Explain how results can be applied into practical food preparation and cooking				
NEA2 intro (20 hours max to be spent on NEA2)	LG1: Understand the requirements of the food preparation task including: <ul style="list-style-type: none"> • analyse a task and carry out research on a life stage/dietary group or culinary tradition • demonstrate a range of technical skills • plan a final menu for chosen life stage/dietary group or culinary tradition • prepare, cook and serve three dishes in a three-hour session • analyse and evaluate final menu. 				
NEA2 Section A	LG2: Plan and carry out research into chosen life stage, dietary group or culinary tradition. LG2: Develop research skills to gather and use primary and secondary sources of information. LG2: Develop analysis and evaluation skills and explain how findings will influence practical investigations. LG2: Present research in a concise and effectively communicated portfolio of work.				

	LG2: Plan relevant and appropriate practical activities.			
NEA2 Section B	LG3: Select a range of three or four suitable dishes to trial further. LG3: Justify choices and explain suitability, creativity and technical skill. LG3: Record evidence of the choice of dishes made during the technical skills demonstration.			
NEA2 Section B continued	LG1: Understand the assessment criteria for the technical demonstration. LG3: Make a range of suitable dishes showcasing technical skill, creativity and practice making skills. LG3: Demonstrate a good understanding of ingredients and making processes. LG3: Work with confidence, independence and accuracy. Work safely and hygienically at all times. LG3: Present dishes with a good level of technical skill and with a suitable level of finish and decoration for serving. LG3: Carry out sensory analysis of all the dishes to determine final choice of menu. LG3: Evaluate and determine the final menu dishes			
NEA2 Section C	LG2: Select suitable final dishes to make for the three-hour making session. LG2: Produce a three-hour time plan that includes food safety. LG2: Justify reasons for choice of final dishes and menu with reference to skills, ingredients, nutrition, cooking methods, costs, provenance, sensory properties and portion size.			
NEA2 Section D	LG3: Prepare, cook and serve three final dishes in one three-hour making session demonstrating some complexity and challenge. Execute a range of technical skills with confidence, precision and accuracy. LG3: Select and use appropriate equipment accurately. LG3: LG3: Demonstrate a range of appropriate finishing techniques and presentation techniques. LG3: Demonstrate evidence of effective organisational skills and time management. LG3: Produce all three dishes successfully within the three-hour period following the time plan. LG3: Correctly sequence all making activities with effective dovetailing of tasks. LG3: Work independently demonstrating good personal hygiene application of food safety. LG3: Garnish and decorate final dishes with suitable level of finish and decoration.			
NEA2 Section E	LG3: Carry out sensory testing of the final dishes. LG3: Carry out nutritional analysis of final dish. LG3: Compare nutritional profile of dish against Dietary Reference Values for target group. LG3: Cost the final dishes. LG3: Evaluate the success of the dishes and identify improvements.			
Revision and exam preparation	LG1: to understand: how the written exam is organised • how to prepare for the written exam • the command words used in written exam • the types of questions that will be asked in a written exam including: • multiple choice • data response • structured question • open-ended response questions or free response questions.			
Revision topics	Based on confidence grids – revision topics covered, based on student need/weakness areas.			

Links:

LG1: links to work covered in Y9 and Y10 theory lessons

LG2: links to practise NEA1 and NEA2 in Y9 and Y10

LG3: links to practical work covered in Y9 and 10