



# Queen Elizabeth's Girls' School

*Educating Women of the Future*

## Food Preparation & Nutrition Key Stage 4 Curriculum

	Topic/Big Question	Focus
Year 10	Food Preparation Skills <i>How can you increase the complexity of a dish?</i>	Basic skills: vegetable cuts, cross contamination, sources of a range of bacteria, difference between fresh and slightly old fish, enrobing, marinades, reducing food waste.
	Food Styling and Presentation <i>What techniques can you use to make the dish look appetising and inviting?</i>	Pupils practise presenting food in an inviting way.
	Nutrition <i>What are the functions of each of the nutrients? What are the food sources for each nutrient?</i>	Nutrition: Source, function, effects of deficiency and excess for the following - protein; fat; carbohydrate; vitamins (A, D, E and K); calcium, iron, sodium and phosphorus; fluoride and iodine; fibre and water.
	Dietary Needs <i>Why is it important to adapt recipes?</i>	Sensory testing, healthy eating guidelines, nutritional needs of different age groups, diet related health problems, energy needs, nutritional analysis, planning meals for different groups.
	Food Science <i>Which are the healthier cooking methods and why?</i>	Why food is cooked, heat transfer, cooking methods (water based, fat based, dry methods), changing properties of proteins, carbohydrates, fats and oil.
	Food Safety <i>What rules need to be followed when preparing food to prevent food poisoning?</i>	Food spoilage, storing food safely, preparing food safely, food poisoning, uses of microorganisms.
	Food Choice <i>Is food labelling needed?</i>	Influences on food choice, cultural religious and moral food choices, food labelling, influences of marketing, British and International cuisines.

	Food Provenance  <i>Is it important for us to know where the food has come from?</i>	Grown food including GM crops, reared food, caught food, waste food and packaging, food miles and carbon footprint, global food production, primary and secondary food processing, food fortification and modification.
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	<b>Topic/Big Question</b>	<b>Focus</b>
<b>Year 11</b>	Assessment	NEA 1 Science Investigation
	Assessment	NEA 2 Food Preparation Assessment
	Assessment	Preparing for the final exam