



Subject	Year	Term
Food Preparation & Nutrition	10	1
Topic		
Nutrients / Nutritional Needs & Health / Food Science		
Content (Intent)		
Prior Learning	KS3 Food and Nutrition	
This term focuses on building up a basic understanding of how food impacts on our health and how the ingredients are used in cooking.		
Future Learning (Topic)	Nutrition and Food Science	
What Knowledge and Skills will be taught (Implementation)		How will your understanding be assessed & recorded (Impact)
Food Safety Nutrients. - Protein, Fats, Carbohydrates, Vitamins, Minerals and Water Nutritional needs and health; - Making informed food choices for a varied and balanced diet - Energy needs - How to carry out a nutritional analysis - Diet, nutrition and health		Practice questions End of unit tests based upon past exam papers, key terms, GCSE POD and multiple choice questions.
Food Science; - Protein, Carbohydrate, Fats/oils and Raising agents. - Theory learnt to be put into practice through food practical's		9-1 assessment of the cooking skills.
How can parents help at home?		
You can support your child by making sure they know what days they are cooking and come to school with the correct ingredients.		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading My Revision Notes: AQA GCSE Food Preparation and Nutrition: Yvonne Mackey, Alexis Rickus, Bev Saunder ISBN: 9781471886997 GCSE Food Preparation and Nutrition Grade 9-1 AQA Complete Practice and Revision Guide with free online Q&A flashcard download (Collins GCSE 9-1 Revision) Paperback – 31 Aug 2016 by Collins GCSE (Author), Fiona Balding (Author), Kath Callaghan (Author), Suzanne Gray (Author)& 3 more. ISBN: 9780008326777	Vocabulary Lists Protein Fat Carbohydrates Vitamins Minerals Hydration Energy	Diet Health Gelatinisation Dextrinization Aeration Denaturation Coagulation