



GCSE FOOD PREPARATION AND NUTRITION KS4 Curriculum

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Commodity – Fruit & Vegetables • Provenance • How commodity is grown/ reared and processed • Classification • Nutritional values • Dietary considerations • Food Science • Practice investigation • Food hygiene and safety • Storage Practical: • Flatbread pizza • Stir fry • Vegetable soup • Eve's pudding • Cauliflower and broccoli cheese • Raspberry Swiss roll • Food science investigation – Enzymic browning	Commodity – Milk, cheese and yoghurt Same content covered as fruit and vegetables Practical: • Quiche • Pancakes • Potatoes Dauphinoise • Chocolate orange mousse • Lemon yoghurt cake • Food science investigation – making butter from cream	Commodity – Cereals Same content covered as fruit and vegetables Practical: • Basic bread rolls • Fresh pasta dough • Spaghetti with a tomato sauce • Mushroom risotto • Food science investigation – gluten content of flours • Own choice dish suitable for a special diet	Commodity – Meat, fish, poultry and eggs Same content covered as fruit and vegetables Practical: • Portioning a chicken • Stuffed and wrapped chicken breast with Julienne vegetables • Chicken pie • Sticky chicken wings and drumsticks • Fish goujons with homemade mayonnaise • Marble bars • Scotch eggs • Food science investigation – coagulation of eggs • Own choice dish suitable for a special diet	Commodity – Soya, tofu, beans, nuts and seeds Same content covered as fruit and vegetables Practical: • Cheesy bean burgers • Pecan pie • Quorn Thai curry • Tofu stir fry • Food science investigation – meat vs protein alternative • Own choice dish suitable for a special dish	Commodity – Butter, oils, margarine, sugar and syrups Same content covered as fruit and vegetables Practical: • Rough puff pastry • Sausage rolls • Choux pastry • Meringues • Lemon meringue pie • Food science investigation – function of sugars in cakes • Own choice dish suitable for a special diet

	• Own choice dish suitable for a special diet	• Own choice dish suitable for a special diet				
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Year 11	Complete any unfinished topics from Year 10 curriculum Preparation and completion of Non-Exam Assessment 1: The Food Science Investigation (worth 15% of final marks) Practical: • Food science experiments to reflect the assessment task	Continue completion of Non-Exam Assessment 1 Practical: • Assessment 1 Food science investigation	Preparation and completion of Non-Exam Assessment 2: The Food Preparation Task (worth 35% of final marks) Practical: • Recipe trials for Non-Exam Assessment 2	Continue completion of Non-Exam Assessment 2 Practical: • Assessment 2 Practical Assessment	Complete any unfinished topics from Year 10 curriculum and Exam revision	