



# FOOD PREP & NUTRITION

## YEAR 7

Learning essential preparation and cooking skills. Understanding of 5 Key nutrients for a healthy lifestyle.

### RESOURCES

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>  
<https://study.com/academy/lesson/basic-food-preparation-skills.html>

## YEAR 8

Developing essential preparation and cooking skills to use in more complex dishes. Application of 5 Key nutrients and helping to maintain a healthy lifestyle.

### RESOURCES

<https://www.bbcgoodfood.com/howto/guide/25-skills-every-cook-should-know>

## YEAR 9

Developing more technical food preparation and cooking skills. Understanding the science within food preparation and cooking.

### RESOURCES

<https://www.ifst.org/lovefoodlovescience>

## YEAR 10

Seven units are explored and investigated throughout this course:

1. **Food preparation skill** - A group of 12 skills will be taught throughout the course using practical activities to support pupils' learning.
2. **Food, Nutrition and Health** - Exploring the function and role of nutrients and the relationship between diet and health.
3. **Food science** - Exploring the scientific side of ingredients and cooking, spending time understanding the functional and chemical properties of food.
4. **Food safety** - Exploring the need for good hygiene practices to prevent food poisoning.
5. **Food choice** - Consumers choose foods and diets for a variety of different reasons. Some of these will be investigated and applied to the practical aspect of this course.
6. **Food provenance** – Understanding the production and processing of food, as well as the environmental impact and sustainability of foods will be explored.
7. **Food preparation and cooking techniques** - This will be assessed through the non-exam assessment (NEA) element of the specification.

RESOURCES <https://www.aqa.org.uk/subjects/food>

## YEAR 11

GCSE coursework: Food Science Investigation and Food Preparation Assessment. Exam techniques and Revision

### RESOURCES

<https://senecalearning.com/en-GB/>