GCSE Food Preparation & Nutrition
Year 9, 10 & 11 Learning Journey

The Henry **BEAUFORT** School
At The Henry Beaufort School, there are no limitations to success.

Y9

Food Nutrition & Health
Why do we eat food? Eat well guide.
Menu planning. Protein. Fats. Carbohydrates.
Micronutrients. Energy balance & nutritional needs.
Nutritional analysis.
Meal planning.
Sensory evaluation

Food provenance, food science, food skills
Food miles. Seasonal food. Food waste. Heat transfer and cooking methods.
Shortening. Aeration. Shortcrust pastry. Denaturation. Coagulation. Use of
Equipment. Caramelisation. Raising agents. Sauce making.
Planning and recipe research. Doughs – bread, pasta, pastry.

Food commodities, food safety & food choice
Cereals, potatoes and vegetables, fruit, milk, cheese and
yogurt, meat, poultry, fish, alternative
proteins. Temperature control and bacteria.
Labelling. Allergens. Food choice. Meal planning. Costing.
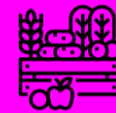
Y10

Food, nutrition and health Nutrition, macro and micronutrients, fibre and water. Alternative protein
foods. Dietary needs and meal planning. Food science – shortening, plasticity, gelatinisation. Food
preparation skills 1-12 knife skills, pastries, sauces, cake making. Following time plans. Sensory
evaluation.

Dietary needs and Food Science.
Dietary needs at different stages of life. Special dietary needs and illnesses. Fish.
Heat transfer and methods of cooking. Food science – denaturation and
coagulation. Meringues. Bread making. Raising agents. Choux pastry.

Y11

Food safety, functional properties, food choices, NEA preparation.
Mock exams. Mini NEA project. Bacterial contamination and food poisoning. Yeasts, moulds
and bacteria. Time plans - dovetailing. Functional properties of foods and ingredients.
Different cuisines. Jointing a chicken. Cultural, religious and medical reasons for food
choices. Food marketing and labelling.

GCSE Course work and exam preparation.
NEA 1 Food investigation task.
NEA 2 Food preparation task and practical exam.
Revision for written exam paper.

FE

Possible next steps.
A'level Biology
Hospitality and catering courses