



Marshall's Park Academy - Curriculum Overview



Subject: GCSE Food Preparation and Nutrition

Year Group: 10

Curriculum/Subject Leader: Mrs K Webb

Our KS4 students will be studying GCSE Food Preparation and Nutrition. The structure of this course has been designed to develop in learners the knowledge and understanding related to; food commodities, principles of nutrition, diet and good health, the science of food, where food comes from, cooking and food preparation.

TERM 1	TERM 2	TERM 3
Topics • Food Safety, Food Spoilage and Contamination • Heat Transfer and Cooking Methods • Food Presentation Theory • Beans on toast practical • Future Chef Competition • Commodity Study – Meat Theory • Cottage pie • Lasagna • Commodity Study - Fish Theory • Fish Goujons • Fish cakes • Commodity Study – Egg Theory • Portuguese Custard Tarts • Lemon Meringue Pie • Commodity Study – Dairy Theory • Toad in the Hole • Pasta practical • Spinach and Ricotta Ravioli Practical	KNOWLEDGE/SKILLS Topics • Commodity Study – Chicken Theory • Joint a chicken practical • Chicken breast practical • Chicken thigh practical • Chicken leg practical • Commodity Study – Bread Theory • Focaccia • Cinnamon Rolls • Commodity Study – Pastry Theory • Puff Pastry - Chicken pie practical • Choux pastry – Eclairs practical • Pate Sucre Pastry - Crème Patisserie Fruit Tarts	KNOWLEDGE/SKILLS Topics • Commodity Study - Fruit and Vegetables Theory • BBQ Cauliflower Wings Practical • Sweet potato gnocchi Practical • Pear and Cheese Tart Practical NEA 2 PPE – The Food Preparation Assessment Written Examination PPE Preparation
KEY ASSESSMENTS HT1 - Mid-term written assessments Assessed practical tasks – Lemon Meringue Pie HT2 - End of term written assessment Assessed Practical tasks – Spinach and Ricotta Ravioli	KEY ASSESSMENTS End of unit written assessments End of unit assessed practical tasks	KEY ASSESSMENTS End of unit written assessments End of unit assessed practical tasks PPE Written Assessment PPE Practical Assessments