



GCSE Food and Nutrition Curriculum Learning Journey



Key Stage 4 Essential knowledge

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance.

Key Stage 4 Essential skills

- Food preparation skills
- Food preparation and cooking techniques

Non examined assessment Task 1 Food investigation:

You will investigate the working characteristics and the functional and chemical properties of a particular ingredient through practical investigation. You will produce a report which will include research into 'how ingredients work and why'.

Non examined assessment Task 2 Food preparation assessment: In this task, you will prepare, cook and present a final menu of three dishes to meet the needs of a specific context. You must select appropriate technical skills and processes and create 3-4 dishes to showcase your skills. You will then produce your final menu within a single period of no more than 3 hours, planning in advance how this will be achieved.

Written exam: Theoretical knowledge of food preparation and nutrition from Sections 1 to 5.

Key stage 5:

- Level 3 Applied Certificate in Food Science and Nutrition
- A Level Home Economics: Food, Nutrition and Health
- BTEC Level 3 Diploma in Food Science and Nutrition



You will learn about the stages of processing and production and technological developments to support better health and food production

You will learn about the environmental issues associated with food and the sustainability of food. You will consider the seasons when selecting ingredients for recipes using fruits and vegetables and using left over food to avoid wastage.

5. Food provenance

You will learn about where and how ingredients are grown, reared and caught.

You will learn about the food choice related to religion, culture, ethical and moral beliefs and medical conditions. You will select, modify and make recipes for different religions, cultures and dietary groups.

You will learn about food products from British tradition and two different cuisines and will have the opportunity to prepare and cook recipes from a range of countries and cuisines, using different equipment and cooking methods.



4. Food choice

You will learn about the food safety principles when buying, storing, preparing, cooking and serving food.

You will learn about the factors which may influence food choice and when selecting recipes will need to explain and justify your reasons for choice

You will learn about the different sources of bacterial contamination and ways to control them and the general symptoms of food poisoning

You will learn about the types of bacteria which cause food poisoning and will learn through practical application about the use of microorganisms in food production.

You will learn about the growth conditions for microorganisms and enzymes and the signs of food spoilage.



3. Food safety

You will learn about the relationship between diet, nutrition and health and the major diet related health risks. You will select and adjust cooking process to match the recipe and take account of dietary group.

2. Food science

You will learn about why food is cooked and how heat is transferred to food and how the selection of appropriate preparation and cooking methods can conserve or modify nutritive value or improve palatability.

You will investigate the working characteristics and the functional and chemical properties of ingredients through practical investigation.



You will learn how to use current nutritional information and data to calculate energy and nutritional value. You will plan, make and modify dishes calculating energy and nutritional values.

You will learn about specific dietary groups including vegetarian and vegan, coeliac, lactose intolerant and high fibre diets and will plan, prepare, cook, modify, and create recipes to meet different dietary groups.

1. Food, nutrition and health



You will learn about physical activity level (PAL) and its importance in determining energy requirements. You will learn about the recommended percentage of energy intake provided by protein, fat and carbohydrates and will plan, prepare, cook, modify, and create recipes that reflect those recommendations.

You will learn about the current guidelines for a healthy diet and will consider how peoples' nutritional needs change throughout life. You will plan, prepare, cook, modify, and create recipes to meet different life stages.



Key Stage 3