

AQA GCSE Food Preparation and Nutrition

Students will be expected to cook on a regular basis and will complete food experiments and investigations to build their knowledge and understanding of food ingredients.

Term 1	Term 2	Term 3
Explore government healthy eating guidelines. Expand and build on core nutrition knowledge.	Research and develop an understanding of the key food groups. <ul style="list-style-type: none">• Meat and Fish.• Fruit and Vegetables.• Dairy and Eggs.• Wheat, rice and potatoes.	Explore the scientific properties of key food processes. This will include gelatination, fermentation, gluten development and sauce viscosity.
Term 4	Term 5	Term 6.
Scientific controlled assessment. Planning of the menu design controlled assessment.	Menu design controlled assessment. Revision.	Revision and final exam.