



# All Saints' Catholic High School

**Luceat lux Vestra**

**Subject:** Food Preparation and Nutrition

**Year:** 11

11	Unit 1- Nutrition	Unit 2 – Diet and Good Health	Unit 3 – Revision			
<b>Aim of Unit</b>	This is 15% of the GCSE	This is 35% of the GCSE	Revision of the full year 10 specification.			
<b>Composite Knowledge</b> <i>(a task that requires several building blocks or components)</i>	A Food Investigation will be set, there will be 2 options released on the 1 <sup>st</sup> September for pupils to choose from.	This assessment is synoptic and assesses the application of knowledge and understanding in relation to selecting dishes and identifying cooking skills/techniques and the execution of practical skills.	Pupils will revise and revisit all areas from the specification, including nutrition, diet and good health, the science of food, food spoilage, food choices and environmental considerations.			
<b>Component Knowledge</b> <i>(the building blocks that together, when</i>	This will require each learner to: research and plan the task; investigate the working	Pupils will plan, prepare, cook and present a selection of dishes, to meet particular requirements such	A revision booklet, based on component knowledge, is prepared containing the simplified specification			

<p><i>known, allow successful performance of a complex task)</i></p>	<p>characteristics; function and chemical properties of ingredients through practical experimentation and use the findings to achieve a particular result; analyse and evaluate the task and produce a report which evidences all of the above and includes photographs and/or visual recordings to support the investigation.</p>	<p>as a dietary need, lifestyle choice or specific context. For section 1 pupils will investigate and plan the task; select a final menu to be produced to showcase skills and produce a plan of action. Section 2: pupils will prepare, cook and present a menu of three dishes within a single session. Finally, pupils will evaluate the selection, preparation, cooking and presentation of the three dishes.</p>	<p>previously studied in year 10.</p>			
<p><b>Rationale (why?): Links to prior &amp; future learning</b></p>	<p>This is an NEA task and 15% of the GCSE. Pupils will incorporate skills learned in years 7,8,9 and 10.</p>	<p>This is an NEA task and 35% of the GCSE. Pupils will incorporate skills learned in year 7,8,9 and 10.</p>	<p>Exam revision and preparation for June. Pupils will revisit learning from years 7, 8 and 9 and will revisit the full specification from year 10.</p>			

<b>Assessment Task</b>	(AO1, AO2, AO3, A04)  This is 15% of the overall GCSE.	(AO1, AO2, AO3, A04)  This is 35% of the overall GCSE.	(AO1, AO2, AO3, A04)  Exam questions for preparation for 50% GCSE exam.			
<b>Enrichment</b>	Intervention sessions based on diagnosis of needs.	Intervention sessions based on diagnosis of needs.	Intervention sessions based on diagnosis of needs.			