

Westfield Academy - Curriculum Information

What your child will learn in ...

Food Preparation and Nutrition

Head of Department	Mrs A Crabbe	
Head of Department email	ACR@westfield.academy	
Lessons per 2 week cycle	5	
Specification/Board details/Key stage	AQA	

Term by term

Autumn 1 - Theory	Autumn 1 - Practical skills	Autumn 2 - Theory	Autumn 2 - Practical skills
This term, students will focus on three key areas: Food Safety, Food Choice, and Nutrition. They will learn about food spoilage and contamination, how micro-organisms affect food, and the principles of safe food handling. Sensory evaluation will help them explore how we choose food based on taste, texture, and appearance. In nutrition, they'll study the roles and health impacts of macronutrients (carbohydrates, proteins, and fats).	In practical lessons, students will develop essential cooking skills, including safe use of equipment, preparation techniques, and bread-making, using recipes such as calzone to practise dough handling and baking.	This half-term, students will deepen their understanding of Nutrition, focusing on micronutrients (vitamins and minerals), their functions in the body, and the effects of deficiencies or excess. They will also explore Nutrition and Health, learning how to plan balanced meals for different age groups and dietary needs.	In practical lessons, students will continue developing their cooking skills through a range of savoury dishes, including potato & vegetable frittata, chicken stir fry, chicken and chorizo jambalaya, tandoori chicken, and a seasonal bake – star bread – in the lead-up to Christmas. These recipes help build confidence with methods such as stir-frying, baking, seasoning, and meal planning.
Spring 1 - Theory	Spring 1 - Practical skills	Spring 2 - Theory	Spring 2 - Practical skills
This term, students will continue to explore Nutrition and Health, with a focus on planning meals for different dietary groups	In practical sessions, students will develop competent technical skills through a range of complex recipes,	This term, students will expand their understanding of Food Choice by exploring both British and international	In practical lessons, students will develop medium to complex-level technical skills through

and understanding energy needs across life stages. They will also complete a nutritional analysis of meals, developing their ability to assess and improve dietary choices. A flipped learning task will introduce students to key concepts in food choice and diet-related diseases, encouraging independent research and discussion in class.	including: Stuffed chicken, Sushi, Fish cakes with a complementary sauce, and a Fruit lattice pie. These dishes help refine students' preparation, presentation, and flavour-balancing techniques while reinforcing healthy, nutritious meal planning.	cuisines, learning how culture, religion, and tradition influence what people eat. They will also consolidate knowledge from their earlier flipped learning task on food choice and diet-related factors through discussion and application in lessons. Additionally, students will be introduced to Food Science, investigating how ingredients behave during cooking and preparation. This includes exploring the functional and chemical properties of ingredients, such as gelatinisation, coagulation, and aeration.	investigative and experimental cooking tasks. These sessions are designed to strengthen their confidence and precision in handling ingredients and evaluating the results of food science experiments.
Summer 1 - Theory	Summer 1 - Practical skills	Summer 2 - Theory	Summer 2 - Practical skills
This term, students will complete and consolidate the Food Science unit, deepening their understanding of how ingredients function during cooking. They will also begin preparation for Year 11 assessments by undertaking a mini NEA 2 task. This project mirrors the Non-Examined Assessment 2 (NEA 2) requirements, helping students build confidence in researching, planning, preparing, and evaluating dishes under timed conditions.	In practical sessions, students will continue to develop medium to complex-level technical skills through advanced tasks such as: Making fresh pasta (e.g., tagliatelle) with sauces Jointing, filleting, deskinning, and deboning a whole chicken Creating dishes using their prepared chicken, such as: Chicken Kiev, Chicken Caesar salad with a homemade emulsion sauce, Completing a 2-hour practical exam as preparation for the full 3-hour NEA 2 exam in Year 11, etc. These activities aim to sharpen students' precision, timing, and presentation skills, while reinforcing theoretical knowledge through hands-on application.	In the final term of Year 10, students will complete a flipped learning project on Food Provenance, exploring where food comes from and the environmental, ethical, and economic factors that influence food production and sourcing. Students will also begin preparation for their Year 10 mock exams and gain experience with the NEA 1 assessment by completing a micro NEA 1 task. This will introduce them to the process of scientific investigation in food, including planning and conducting food experiments and analysing results – all key components of the Year 11 coursework.	In practical lessons, students will continue developing medium to complex-level skills, including: Making rough puff pastry for apple turnovers, Preparing a cheesecake with attention to precision and presentation, Conducting ingredient investigations to practise techniques and analysis required for NEA 1, etc. These activities will help students strengthen both their practical and analytical skills, building a strong foundation for the demands of Year 11.
NEA		Theory	
Year 11			

In Year 11, students will complete two important non-exam assessments (NEAs) that contribute 50% of their final GCSE grade: NEA 1: Food Investigation (15%) What it involves: A scientific investigation exploring the functional and chemical properties of ingredients (e.g. how different fats affect pastry). Key skills: Research, planning, conducting experiments, analysing results, and writing a detailed report. Assessment: A written portfolio of approximately 1,500–2,000 words with photos of practical work. NEA 2: Food Preparation Task (35%) What it involves: Researching, planning, and preparing a menu of three dishes based on a set brief (e.g. meals for a specific dietary need or occasion). Key skills: Advanced practical cooking skills, time planning, presentation, evaluation, and a written report. Assessment: A written portfolio and a 3-hour practical exam to cook and present the three dishes. Timeline & Support Both NEAs are completed in school under supervised conditions between September and March of Year 11. Students receive step-by-step support, guided deadlines, and preparation throughout Year 10. These tasks allow students to showcase their creativity, technical ability, and understanding of food science, nutrition, and practical cooking.	Throughout Year 11, students will continue to build on their knowledge and skills through a combination of coursework and exam preparation. The focus of theory lessons includes: NEA Completion Students will complete both NEA 1 (Food Investigation) and NEA 2 (Food Preparation Task) during the autumn and spring terms. These are internally assessed, externally moderated coursework tasks that together make up 50% of the final GCSE grade. Exam Preparation Students will: Review and redraft mock exam questions to strengthen exam technique and address gaps in knowledge. Consolidate learning from the flipped project on Food Provenance, exploring the environmental, ethical, and global factors affecting food choices. Revisit key theory topics including nutrition, food safety, food science, and food choice, in preparation for the final written exam. Final Written Exam – June Worth 50% of the GCSE grade A 1 hour 45 minute exam covering all areas of the course: nutrition, food science, food safety, food provenance, and food choice. Students will complete a range of multiple-choice, short-answer, and extended response questions. Regular revision activities, targeted feedback, and exam technique sessions will support students in preparing confidently for the final written assessment.
Key Skills developed	Over the two-year course, students develop a wide range of valuable skills that combine practical ability with theoretical understanding:  Practical and Technical Skills Safe and accurate use of kitchen equipment Preparation and presentation of savoury and sweet dishes Developing medium to complex technical skills, such as: Dough making (bread, pasta, pastry) Knife skills, jointing and filleting Sauce making (emulsion, reduction, roux) Timing and multitasking during practical work Investigative cooking and scientific experimentation  Theoretical and Analytical Skills

	Understanding nutrition, food science, food safety, food choice, and food provenance Planning balanced meals for different dietary needs Analysing the functional and chemical properties of ingredients Conducting and presenting research and investigations (NEA 1) Developing time plans and completing complex practical assessments (NEA 2) Building confidence in exam technique, including written evaluations and extended responses By the end of Year 11, students are equipped with essential life skills in cooking, food safety, and health, alongside valuable academic skills such as analysis, planning, and problem-solving skills.
Useful Websites	1. AQA GCSE Food Preparation and Nutrition (Official Exam Board) - AQA Food Preparation and Nutrition https://www.aqa.org.uk/subjects/food-preparation-and-nutrition/gcse/food-preparation-and-nutrition-8585/specification/subject-content Official specifications, past papers, mark schemes, and NEA guidance. 2. BBC Bitesize – Food Preparation and Nutrition - BBC Bitesize Food Prep & Nutrition https://www.bbc.co.uk/bitesize/subjects/zdn9jhy Clear, accessible revision materials, videos, quizzes, and summaries aligned with GCSE content. 3. Food Teacher Resources Food Teacher Resources Free downloadable lesson plans, worksheets, practical guides, and teaching resources aligned with the GCSE course. 4. Food Safety Authority Websites Food Standards Agency (UK) Comprehensive info on food safety, hygiene, and

government guidelines.

- [Centers for Disease Control and Prevention \(CDC\) – Food Safety](#)

Useful for understanding foodborne illnesses and safety practices.

5. Nutrition and Health Resources

- [NHS Eatwell Guide](#)

Official UK guidance on healthy eating and balanced diets.

- [British Nutrition Foundation](#)

Detailed info on nutrients, digestion, and dietary needs.

6. Science of Cooking and Food Technology

- Science of Cooking – Exploratorium

Interactive explanations of food science concepts like emulsification, gelatinisation, etc.

- [The Food Science Toolkit](#)

Simple experiments and explanations ideal for NEA 1 preparation.

7. Practical Cooking Skills and Recipes

- [BBC Good Food](#)

Trusted recipes, including practical dishes relevant to GCSE coursework.

- [Food Network](#)

Cooking videos and recipes to develop technical skills.

8. Sustainability and Food Provenance

- [Sustainability in Food Systems – FAO](#)

Information on sustainable food production and environmental impacts.

- [Soil Association](#)

Focuses on organic food, fair trade, and ethical

	sourcing. 9. Exam Technique and Revision - Seneca Learning – Food Prep & Nutrition Interactive revision quizzes and summaries for GCSE Food Preparation and Nutrition. - Revision World – GCSE Food Preparation & Nutrition Free revision notes and practice questions.
Reading/Literacy requirements /Key Words	Reading and literacy skills are embedded throughout the course to support students' understanding of food science, nutrition, and exam-style questions. Students are expected to: Reading Requirements Read and interpret nutritional information, food labels, and recipe instructions Analyse exam-style case studies and extended questions Understand and summarise food science experiments and investigations Carry out independent research for NEA tasks using reliable sources Read and apply information on dietary guidelines, food provenance, and health Literacy Skills Developed Use subject-specific vocabulary accurately in both written and spoken work Develop skills in report writing for NEA tasks (investigation and evaluation) Structure extended response questions clearly using PEE (Point, Evidence, Explain) Evaluate and justify decisions in written tasks (e.g., food choice, nutrition plans) Improve spelling, punctuation, and grammar in coursework and exams Key Vocabulary (Tier 2 and Tier 3 Words) Students will encounter and use a range of subject-specific (Tier 3) and academic (Tier 2) vocabulary throughout the course. Examples include: Tier 2 Vocabulary (Cross-curricular academic words) Analyse, Evaluate, Justify, Function, Effect, Source, Impact, Investigate, Compare, Describe, etc. Tier 3 Vocabulary (Subject-specific terminology) Macronutrients / Micronutrients Coagulation / Gelatinisation / Aeration Cross-contamination / Pathogen / Foodborne illness Sensory evaluation / Organoleptic properties Emulsification / Denaturation / Caramelisation Provenance / Sustainability / Seasonality Dietary reference values (DRV) Nutritional analysis / Energy balance Fortification / Additives / Preservation Students are supported in understanding and using this vocabulary through glossaries, classroom displays, revision tasks, and literacy scaffolds in lessons and coursework.
Homework requirements	Once every week which is posted on google classroom. This should be between 45 minutes to 1 hour with.

	Revision is expected alongside the course and should be done independently.
Personal Development Links	The GCSE Food Preparation and Nutrition course supports students' personal growth by developing essential life skills, wellbeing awareness, and broader personal qualities: Healthy Lifestyle and Wellbeing Understanding nutrition, balanced diets, and diet-related health issues encourages lifelong healthy eating habits and personal wellbeing. Emphasis on food safety and hygiene fosters responsibility and awareness of health protection. Practical Life and Independence Developing cooking, meal planning, and food preparation skills builds confidence, self-sufficiency, and independence. Managing time effectively during practical tasks cultivates organisation and multitasking abilities. Cultural Awareness and Ethical Understanding Exploring food provenance, British and international cuisines encourages respect for cultural diversity. Investigating sustainability and ethical food choices promotes responsible consumer awareness and environmental stewardship. Cognitive and Emotional Skills Engaging in scientific investigations and NEA coursework develops problem-solving, critical thinking, and resilience. Preparing for exams and practical assessments supports stress management and confidence-building under pressure. Social Skills and Creativity Group work, peer feedback, and class discussions enhance communication and teamwork. Designing and creating dishes nurtures creativity, innovation, and adaptability. Career and Personal Responsibility Exposure to food science and nutrition introduces students to potential career paths in health, hospitality, and food industries. Meeting coursework deadlines and independent study foster accountability, motivation, and self-discipline. This summary highlights how the course goes beyond academics to equip students with key skills for life, learning, and future careers.
Trips/Visits (If applicable)	3 hour skills workshop at West Herts college in year 11.

