

GCSE Food Preparation and Nutrition – Year 10

Long-Term Plan 2024-2025

Calendar	Topic	Assessment	Sequencing and Coherence concepts - themes - skills	Literacy reading - vocabulary - oracy - writing
Autumn Half Term 1	Nutrition - Macronutrients - Micronutrients - Water	Practical work is assessed on an ongoing basis as pupils develop their skills throughout the course In class assessment includes quick multiple choice quizzes and longer answer exam questions. At the end of each unit pupils are given a formal written test	Nutrition knowledge underpins all of the other theory needs for GCSE.	 Paired / class discussions Use of key terms – definitions to be written by the pupils in the key word table Short & long answer exam questions
Autumn Half Term 2	Nutritional Needs & Health - Making informed dietary choices - Energy needs - Nutritional analysis - Diet related diseases and conditions	Practical work is assessed on an ongoing basis as pupils develop their skills throughout the course In class assessment includes quick multiple choice quizzes and longer answer exam questions. At the end of each unit pupils are given a formal written test	This unit starts to apply the theory knowledge from unit 1. It is taught at this time so that pupils can use this knowledge to help them with their mock NEA project after Christmas.	 Paired / class discussions Use of key terms – definitions to be written by the pupils in the key word table Short & long answer exam questions
Spring Half Term 3	Mock NEA2 A slimmed down version of the NEA2 project to be completed in Year 11. 'Plan, prepare, cook and present a range of dishes that meet healthy eating guidelines and would be suitable for young children. Present two dishes'	All areas of mock NEA2 to be assessed: task analysis, research, selecting suitable dishes, practical, evaluation and analysis. Formal written feedback to be provided to each pupil and form part of the grade for the next tracing window.	Skill development for Year 11 NEA	 Paired / class discussions Use of key terms Writing an extended project

Spring Half Term 4	 Food Safety Food spoilage & contamination Microorganisms in food production Bacterial contamination Buying & storing food safely Preparing, cooking and serving food safely 	Practical work is assessed on an ongoing basis as pupils develop their skills throughout the course In class assessment includes quick multiple choice quizzes and longer answer exam questions. At the end of each unit pupils are given a formal written test	Ongoing theory knowledge acquisition.	 Paired / class discussions Use of key terms – definitions to be written by the pupils in the key word table Short & long answer exam questions
Summer Half Term 5	 Food Science Why are foods cooked? Heat transfer methods Selecting appropriate cooking methods Functional properties of ingredients 	Practical work is assessed on an ongoing basis as pupils develop their skills throughout the course In class assessment includes quick multiple choice quizzes and longer answer exam questions. At the end of each unit pupils are given a formal written test	This is one of the more difficult theory topics and so teaching it later in Year 10 seems more appropriate. Year 11 starts with NEA1 which is a science investigation piece of coursework so teaching later in the year is also better in that respect.	 Paired / class discussions Use of key terms – definitions to be written by the pupils in the key word table Short & long answer exam questions
Summer Half Term 6	Food Choices & Food Provenance - Factors affecting food choices - Food labelling - Food marketing - Food sources - Food & the environment - Food processing & production - Technological developments in the food industry	Practical work is assessed on an ongoing basis as pupils develop their skills throughout the course In class assessment includes quick multiple choice quizzes and longer answer exam questions. At the end of each unit pupils are given a formal written test	This is one of the more difficult theory topics and so teaching it later in Year 10 seems more appropriate	 Paired / class discussions Use of key terms – definitions to be written by the pupils in the key word table Short & long answer exam questions