



**YARROW  
HEIGHTS**  
SCHOOL

	<p><b>Summer 1 - Revision</b></p> <p><b>Exam Preparation</b></p> <p>Pupils will complete revision of all topics in preparation for their exam.</p>	<p><b>Spring 1 &amp; 2 - Non Exam Assessment 2 (NEA2)</b></p> <p><b>Food preparation assessment (70 marks)</b></p> <p>Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.</p> <p>Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, <u>planning in advance</u> how this will be achieved.</p>
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<p><b>Spring 2 - Food Safety</b></p> <p><b>Food spoilage and contamination &amp; Principles of food safety</b> - Pupils will investigate micro-organisms and enzymes and will be able to identify the signs of food spoilage. In addition to this, pupils will be able to identify micro-organisms in food production and will be able to define bacterial contamination. We will also look at the principles of food safety in regard to buying and storing food and preparing, cooking and serving food.</p>	<p><b>Summer 1 - Food Choice</b></p> <p><b>Factors affecting food choice, British and international cuisines and Sensory evaluation</b> - Pupils will be able to identify food choices and what factors influence this food choice including food labelling and marketing influences. Pupils will be investigating traditional cuisines and what a sensory evaluation is</p>	<p><b>Summer 2 - Food Provenance</b></p> <p><b>Environmental impact and sustainability and Processing and production</b> - Pupils will be able to identify food sources and will investigate the correlation between food and environment, in addition to the sustainability of food. Pupils will also be investigating food <u>production</u> and the technological developments associated with better health and food production.</p>	<p><b>Autumn 1 &amp; 2 - Non Exam Assessment 1 (NEA1)</b></p> <p><b>Food Investigation (30 marks)</b></p> <p>Students' understanding of the working characteristics, functional and chemical properties of ingredients.</p> <p>Practical investigations are a compulsory element of this NEA task.</p> <p>Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation.</p>
<p><b>Spring 1 - Food Science</b></p> <p><b>Cooking of food and heat transfer &amp; Functional and chemical properties of food</b> -Pupils will understand why food is cooked and how heat is transferred to food and selecting the correct cooking methods. Pupils will also investigate the functional and chemical properties of food for the follow: Protein, Carbohydrates, Raising agents and Fats and oils.</p>	<p><b>Autumn 2 - Food Nutrition and Health</b></p> <p><b>Nutritional needs and health</b> - Pupils will be able to make informed choices for a varied and balanced diet, while taking into consideration the recommended percentage of energy intake and the basal metabolic rate. The content also includes knowing how to plan and modify recipes, meals and diets to reflect the nutritional guidelines for a healthy diet. Lastly, pupils will be aware of the relationship between diet, nutrition and health, and the major diet related health risks.</p>	<p><b>Autumn 1 - Food Nutrition and Health</b></p> <p><b>Nutrients</b> - Pupils will have an <u>understanding</u> of the Eatwell Guide and will be able to identify the functions, main sources, the effects of deficiency and excess and the related dietary reference values of macronutrients and micronutrients. Pupils will investigate, protein, carbohydrates, fats, vitamins, minerals and water in depth.</p>	