

Year 10

OCR GCSE Food Preparation and Nutrition J309

What will I learn?

There are four main areas of study for this course. The content of each will be covered throughout Year 10 and Year 11. Please Note: Content from all these sections may be tested in the examination and elements may feature in the Non-Examined Assessment (NEA).

- **Section A Nutrition**
 - The relationship between diet and health
 - Nutritional and dietary needs of different groups of people
 - Nutritional needs when selecting recipes for different groups of people
 - Energy balance
 - Nutrients: carbohydrates, fat, protein, vitamins and minerals
 - Water
 - Nutritional content of the main commodity groups
- **Section B Food: food provenance and food choice**
 - FOOD PROVENANCE: Food source and supply
 - Food processing and production
 - Food security
 - Technological developments to support better health and food production
 - Development of culinary traditions (learners must study British cuisine and a minimum of TWO international cuisines)
 - Factors influencing food choice
- **Section C Cooking and food preparation**
 - Food science
 - Sensory properties
 - Food safety
- **Section D Skills requirements: preparation and cooking techniques**
 - Knife skills
 - Preparation and techniques
 - Cooking methods
 - Sauces
 - Sauces
 - Setting a mixture
 - Raising Agents
 - Dough
 - Judge and manipulate sensory properties

The range of foods studied within the content of the OCR GCSE Food Preparation and Nutrition will be based on the government's current advice on a healthy balanced diet.

During Year 10, students will be able to develop their knowledge of food and nutrition as well as their practical skills. Note: not all practical work will be 'edible', there is an element of investigation which does require students to carry out scientific experiments and investigations.

The theory work undertaken in Year 10 will provide the underpinning knowledge to enable students to confidently carry out the NEA and examination in Year 11.

The practical element is used to support the theory and put into practice the skills required to produce a range of recipes.

How will I be taught?

Students have four lessons per fortnight. One lesson per fortnight will be theory based, if suited to the topic an investigation will also be carried out. The remaining two lessons will be practical – either as a Group A and Group B cook or everyone may cook – this will depend on the nature of the recipe, ingredient requirement and complexity of the dish. One lesson per fortnight is dedicated to theory work and written examination technique. This is only guidance and lesson formatting may change depending on the topic. Students are expected to plan practical choices at home, they should ask their teacher for guidance when selecting their recipes.

How will I be assessed?

Formal assessment will take place in Year 11.

In Year 10, each student has an exercise book and folder which they must maintain and develop their own research to further enhance their understanding and interest of the topics being studied. Verbal feedback will be given during each practical lesson and written feedback where appropriate. A skills tracking sheet can be found in each exercise book to enable students to record the skills they are demonstrating in each recipe produced, it is important for students to record this information as it will be useful to reflect upon in Year 11 when selecting suitable dishes to make for the NEA. Please Note: students should keep their folder and exercise book(s) safe, ALL year 10 work forms the main part of the revision in Year 11.