

Year 10 Food and Nutrition Curriculum Plan

Topics covered	Assessments
<p>OCR GCSE HOME ECONOMICS:FOOD AND NUTRITION</p> <p>BASIC SKILLS (Autumn term) Nutrition Healthy eating – the Eatwell Plate Meal planning Basic foods – meat, fish, cheese, eggs, milk, fruit, vegetables, cereals Cake making – use of raising agents Pastry making – shortcrust pastry Emphasis on practical skills and working safely and hygienically</p> <p>CONTROLLED ASSESSMENTS PASTRY (Spring term) FEEDING THE ELDERLY (Summer term) The controlled assessments must contain the following: Front cover with all required details Write out task title and analyse task Background information (research) Recipe suggestions with recipe references Choice and reasons for choice for two dishes Recipes for the chosen dishes with ingredients, quantities and method Time plan for each chosen dish Practical work points with equipment lists Cost of dishes and comments Nutritional analysis and comments Tasting testing for each dish and comments Evaluation of the whole assessment</p>	<p>BASIC SKILLS ASSESSMENT (not included in work for the overall grade) Practical work</p> <ul style="list-style-type: none"> - Using equipment safely - Working hygienically - Method of working - Final outcome <p>Classwork and homework</p> <p>-</p> <p>CONTROLLED ASSESSMENTS</p> <p>Each assessment constitutes 10% of the overall GCSE grade. All work must be referenced e.g. books, internet, magazines. All written work and practical work completed in lessons. Research carried out as homework tasks.</p>
<p>Home enrichment opportunities</p> <ul style="list-style-type: none"> • Watching cookery programmes e.g. Jamie Oliver, Masterchef, Great British Menu, Ready Steady Cook • Practising recipes at home – getting used to adapting recipes to suit individual needs • Reading recipe books, food magazines and newspaper articles 	

Year 11 HE: Food and Nutrition Curriculum Plan

Topics covered	Assessments
<p>OCR GCSE HOME ECONOMICS:FOOD AND NUTRITION</p> <p>CONTROLLED ASSESSMENTS FOOD STUDY (Autumn term) INVESTIGATION (Spring term)</p> <p>The controlled assessments must contain the following: Front cover with all required details Write out task title and analyse task Background information (research) Recipe suggestions with recipe references Choice and reasons for choice for two dishes Recipes for the chosen dishes with ingredients, quantities and method Time plan for each chosen dish Practical work points with equipment lists Cost of dishes and comments Nutritional analysis and comments Tasting testing for each dish and comments Evaluation of the whole assessment</p> <p>The food study also includes: Detailed research – letters, questionnaire, use of the internet, books, surveys. Practical – 6 dishes Powerpoint presentation</p>	<p>CONTROLLED ASSESSMENTS</p> <p>The food study assessment constitutes 30% of the overall GCSE grade. The investigation assessment constitutes 10% of the overall GCSE grade. All work must be referenced e.g. books, internet, magazines. All written work and practical work completed in lessons. Research carried out as homework tasks.</p>
<p>Home enrichment opportunities</p> <ul style="list-style-type: none"> • Watching cookery programmes e.g. Jamie Oliver, Masterchef, Great British Menu, Ready Steady Cook • Practising recipes at home – getting used to adapting recipes to suit individual needs • Reading recipe books, food magazines and newspaper articles • Helping with shopping and preparing meals • Use of the nutrition programme – www.nutritionprogram.co.uk 	