

Biddenham International School: Food Preparation and Nutrition Curriculum

Year 11

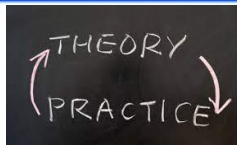
Year 10

Year 9

NEA 1
Food investigation
Non-exam
assessment

Exam
1 hour 45 minute exam
covering the learned
topics

NEA 2
Food preparation
non-exam
assessment
(including 3 hour
practical)



Start component 5.
Where food comes
from
Looking at foods
origins and
environmental issues



4.1
The effect of
cooking on food -
sensory and
nutritional properties

5.2
Impact of packaging
and the sustainability
of food

5.4
Technological
developments in
food

4.2
Food storage and
learning how to
keep food safe
when buying,
storing, preparing
and cooking food

Start Component 4. The
science of food
Developing a theoretical and
practical understanding of how
preparation and cooking affects
sensory and nutritional
properties

5.1
Food provenance:
Where food is
grown, reared or
raised

5.3
Food manufacturing -
primary and
secondary
processing



5.5
Food modification
and its effects on
the sensory
properties of food

Component
6. Cooking
and food
preparation
Factors
affecting food
choice and
preparation
for cooking

2.2
Micronutrients and their
role in human nutrition

2.1
Macronutrients and their
role in
human
nutrition

Start component 2.
Macronutrients and
micronutrients and their
role in nutrition

Start component 3.
Diet and good health -
the role of a balanced
diet and energy balance

3.1
Understanding the energy
requirements of individuals and
specific dietary needs

3.2
Planning
balanced diets
and calculating
energy and
nutritional values
of recipes, meals
and diets

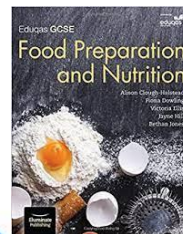
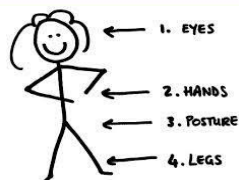


1.1
Features/characteristics and
working characteristics of each
commodity.

Start Component 1. Food commodities
Looking at the range of foods and ingredients to
be studied over the course from the major
commodity groups.

1.2
The value of
commodities
within diet.

1.3
The origins of
each commodity.



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