

# Year 11 – FOOD & NUTRITION Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b><u>Topic 9 Cooking food</u></b> Understanding of the science behind the cooking of foods.</p> <ul style="list-style-type: none"> <li>• Reasons why food is cooked</li> <li>• Heat transfer methods - radiation, conduction, convection,</li> <li>• Methods of cooking and their effects on the appearance, flavour and texture of foods</li> <li>• How the chemical and nutritional properties of food can be changed by cooking.</li> </ul> <p><b><u>Topic 10 – Completing NEA 1 – Food investigation</u></b> Investigation topic. Pupils carry out research and experimental work to help them to write an informative report on a given topic.</p> <p><b><u>NEA ASSESSMENT 1:</u></b> NEA 1 Food Investigation. The final mark will provide 15% of the GCSE grade.</p>	<p><b><u>Topic 11 – Completing NEA 2 – Food preparation assessment</u></b></p> <p><b><u>NEA ASSESSMENT 2:</u></b> Pupils choose, cook and present a series of dishes to meet the needs of a specific group of people. The final grade will provide 35% of the final GCSE grade.</p>	<p><b><u>Topic 11 – Continued</u></b></p>	<p><b><u>Topic 12 – Revision for the final examination.</u></b> Targeted sessions to revise each of the examination topics covered previously.</p>		