

KS4 – Year 10 – Food and Nutrition

Term	Topic Titles	Brief Overview
1	Healthy Eating	The Eatwell Guide and 8 Healthy Eating Guidelines and their application to adapt recipes.
	Nutrition	The function, sources, excess and deficiencies relating to Protein, Fats, Carbohydrates, Vitamins and Minerals.
	Food science	Investigating the use of fats in pastry.
	Sensory analysis	Sensory analysis methods and uses and recording.
	Practical cookery	Variety of recipes to improve skills relating to nutrition.
2	Meal planning for special diets	The dietary needs of toddlers, children, teenagers, adults, older adults, vegetarians, coeliacs, lactose intolerant, low fat, salt and high fibre. How to plan suitable meals and the reasons why.
	Diet related illness	Dietary causes of CHD, CVD, obesity, anaemia, tooth decay, rickets, osteoporosis and diabetes type 2.
	Mock NEA1	Practice NEA1 to experience the format, timing, content requirements, experiment design and execution and evaluation. Revision required of all of the above topics Practical cookery focussing on high level skills including chicken portioning, pastry and pasta making.
3	Mock NEA2	Practice NEA2 to experience the format using a template. To include recipe ideas, trial dishes and development, evaluations, timeplan and a 3 hour practical exam and final evaluations.