

FOOD PREPARATION AND NUTRITION  
LEARNING JOURNEY

YEARS 9 - 11



Sixth Form?  
College?  
Apprenticeship?



1 GCSE Food  
EXAM PAPER

Revision  
of the  
exam

All areas will be covered  
and will include using past  
papers etc.

Task 1.  
experiment  
15%

YEAR  
11

Afternoon  
tea  
assessment

YEAR  
10

YEAR  
9



welcome

Skills audit for the final  
dish

Create a menu and  
the planning of the  
table to serve the  
dishes on

Evaluate the  
final dish and  
an overall  
outcome of the  
assessment

Carry out the  
practical exam. 3  
hours

Hand in the  
end of March  
for moderating

What research needs  
to be completed to  
come up with the  
ideal experiments

Writing up the  
findings of the  
experiments

Evaluating the  
findings and  
the outcome.

Research the  
area they have  
chosen to  
work on

Write up the  
evaluations of  
the dishes  
cooked

Create a  
timeplan that  
will be used in  
the practical  
exam

Carry out the  
skills  
practicals. 4 -  
6 dishes

Choose 10 dishes to cook  
which include the 3 dishes  
for the final practical exam

Give the  
students the 3  
briefs to  
choose from

To marinate peaches  
And to try and taste  
cevich

To carry out a  
yeast experiment  
and make bread  
rolls, roly poly  
bread and pizza

Stuffed  
red  
peppers

Carrying out the  
4 experiments

Brief given to the  
students

Students to carry out  
practice practical's

The making of  
pastry, chicken  
pie, apple pie  
and choux  
pastry

Macaroni cheese and  
mayonnaise

To experiment with butter.  
Make biscuits and honey comb and  
rocky road



Sensory testing. Cheese tasting

Test to  
check  
knowledge

To make  
Jam, swiss  
roll and  
fishcakes



Different  
ways of  
combine,  
shape and  
coat

To make  
meringues  
and nasta



Use of different  
equipment's



Different ways of  
using a cooker

Make an egg  
custard tart



To make chicken  
roulard

What is  
protein and  
how  
important it is  
in our diet



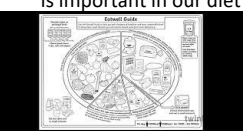
Different  
types of  
sauces and  
how they are  
used



Make a  
vegetarian  
chili



Healthy eating and how it  
is important in our diet



Make your own  
dish with puff  
pastry



Mediterranean diet  
against



Skills to be  
carried out



Raising agents  
and how they  
are used and  
make a mousse  
using egg whites



Practical's to be  
carried out through  
the year.



Make and design  
a cheesecake



Ingredients for  
a cheesecake  
and their  
functions



Looking at vegetarians  
and food alternatives

Make fresh pastry



Health and safety in  
Food rooms

