



### Learning Aims and Curriculum Intent:

In Year 11 Michaelmas term, students will engage in a Food Investigation task (02 or 03) as part of the Non-examined Assessment (NEA) component, consisting of 45 marks. This task is set by OCR and communicated on September 1<sup>st</sup>. The second NEA set task, carrying 105 marks is released by the OCR on November 1<sup>st</sup>. In the Lent term, students will participate in Mock Exams, receiving feedback to guide their preparation for the upcoming written exam (01). Throughout the Trinity term, emphasis will be placed on revision, ensuring that students are adequately prepared for the Food Preparation and Nutrition (01) written examination.

Term	Content, Key Questions and Knowledge	Skills	Assessment
Michaelmas	<p><b>Food Investigation</b></p> <p>Task (02 or 03) 45 marks Non-examined assessment (NEA)</p> <p>The task is set by OCR and should be taken from the OCR-set task titles. The set task will be communicated to centres on 1st September of the academic year in which the assessment is to be taken. These will be available on the GCSE (9–1) Food Preparation and Nutrition page on the OCR website.</p> <p>Learners will be expected to draw on knowledge from content studied across Sections A, B, C and D.</p>	<p>Learners will be expected to draw on knowledge from content studied across Sections A, B, C and D.</p> <p><b>Section A:</b> Nutrition</p> <p><b>Section B:</b> Food provenance and food choice</p> <p><b>Section C:</b> Cooking and food preparation</p> <p><b>Section D:</b> Skills requirements: preparation and cooking techniques.</p> <p><b>AO1</b> Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.</p>	<p>The OCR GCSE (9–1) in Food Preparation and Nutrition is a linear qualification with 50% external assessment by examination and 50% through non-examined assessment (NEA) assessed by the centre and externally moderated by OCR.</p> <p>Introduction/Plan: (9 marks) Investigation: (21 marks) Analysis: (9 marks) Evaluation: (6 marks)</p> <p>Synoptic assessment requires learners to make and use connections within and between different areas of food preparation and nutrition.</p>
	<p><b>Food Preparation Task (04 or 05)</b></p> <p>105 marks Non-examined assessment (NEA)</p> <p>The task is set by OCR and should be taken from the OCR-set task titles. The set task will be communicated to centres on 1st November of the academic year in which the assessment is to be taken. These will be available on the GCSE (9–1) Food Preparation and Nutrition page on the OCR website.</p> <p>Learners will be expected to draw on knowledge from content studied across Sections A, B, C and D.</p>	<p><b>AO2</b> Apply knowledge and understanding of nutrition, food, cooking and preparation.</p> <p><b>AO3</b> Plan, prepare, cook and present dishes, combining appropriate techniques.</p> <p><b>AO4</b> Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others.</p>	<p>Plan: 20 marks Prepare: 20 marks Cook: 25 marks Present: 25 marks Analysis and evaluation: 15 marks</p> <p>Synoptic assessment requires learners to make and use connections within and between different areas of food preparation and nutrition.</p>
Lent	<p><b>Mock Exams</b></p> <p>Feedback on Mock exams</p> <p>Standardisation Internal standardisation to ensure that marks awarded by different teachers are accurate and consistent across all learners entered for each component.</p> <p>Revision / NEA Completion</p>	<p><b>Analyse and evaluate.</b></p> <p>Analysing and evaluating</p>	<p>Revision skills, exam techniques.</p> <p>Past exam questions / papers</p>
Trinity	<p><b>Revision</b></p> <p>Food Preparation and Nutrition (01) written examination.</p> <p>Learners will be expected to answer questions based on content studied across sections A, B, C and D.</p>	<p>NEA Submission to Exam Board</p>	

<b>What consolidation looks like in this subject</b>	In Year 11, consolidation in Food Preparation and Nutrition involves reinforcing and expanding upon the knowledge and skills acquired in the previous academic years. This is designed to provide students with a comprehensive understanding of food preparation and nutrition, preparing them for successful performance in national formative assessment and equipping them for future academic or career endeavours in the field.	
<b>Examples of Homework</b>	Revision using past papers, Recipe Analysis, Meal Planning, Research on Food Trends, Kitchen Safety Quiz, Interview with a Chef, Nutrition Label Analysis, Cooking Technique Demonstration, Food Presentation Project, Culinary Book Review, Seasonal Ingredient Exploration and Food Budgeting Exercise.	
<b>Key terminology</b>	Blanching, Sauteing, Mise en Place, Marinate, Deglaze, Emulsify, Convection Oven, Julienne, Sauté, Poach, Al Dente, Foodborne Illness, Cross-Contamination, Roux and Bain-Marie.	
<b>Super-curricular enrichment and scholarly extension</b>	<p><b>Read:</b> Scientific Journals, Books on Culinary Techniques, Nutrition Literature, Food History and Culture Books: Read books that delve into the history and cultural significance of various cuisines, understanding the evolution of food traditions. Food Technology Publications: Explore publications on food technology and innovation, learning about the latest advancements in food processing, preservation, and packaging.</p> <p><b>Watch:</b> Cooking Documentaries, Educational Cooking Shows, Nutrition Webinars, Food Science Explained Videos: Explore online videos that break down complex food science concepts, helping to understand the chemical and physical properties of ingredients. Culinary Technique Tutorials: Watch online tutorials that demonstrate advanced culinary techniques, such as molecular gastronomy, sous vide cooking, and pastry arts.</p> <p><b>Listen:</b> Listen to podcasts featuring discussions on nutrition science, dietary trends, and interviews with experts in the field. Food History Podcasts. Tune into interviews with renowned chefs. Food Industry Insights Podcasts. Listen to podcasts that offer insights into the food industry, covering topics such as sustainable sourcing, food entrepreneurship, and market trends.</p> <p><b>Visit:</b> Visit Culinary Museums, Farm Visits, Food Science Labs., Attend specialized cooking classes and workshops hosted by professional chefs, culinary schools, or local cooking schools to hone skills and learn new techniques. Participate in culinary events, food festivals, and competitions to experience diverse cuisines, network with industry professionals, and stay updated on culinary trends.</p>	
<b>Useful websites</b>	<ol style="list-style-type: none"> <li>1. OCR Food Preparation and Nutrition <a href="https://www.ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-j309-from-2016/assessment/">https://www.ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-j309-from-2016/assessment/</a></li> <li>2. <a href="#">Food Network</a> A comprehensive resource for recipes, cooking tips, and culinary inspiration.</li> <li>3. <a href="#">BBC Good Food</a> Features a wide range of recipes, cooking tips, and nutritional information.</li> <li>4. <a href="#">Allrecipes</a> A community-driven platform with a vast collection of user-reviewed recipes and cooking advice.</li> <li>5. <a href="#">Nutrition Program : Food teaching resources</a></li> </ol>	
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