



Achievement Cycle Overview

Curriculum: Food Preparation & Nutrition

**Excellence.
No Excuses.**

Year	AC1	AC2	AC3	AC4
<p style="font-size: 2em; font-weight: bold; text-align: center;">11</p>	<p>Topic Overview: Focus: NEA 1 – Food Investigation Covering: Preparation of the project pages; planning; investigation; analysis; evaluation.</p> <p>NC links: Cooking techniques: preparing ingredients; using utensils and electrical equipment; applying heat in different ways; sensory analysis; adapting and using their own recipes. Understanding ingredients: Understanding the characteristics of ingredients; sensory properties.</p> <p>GCSE Links: The food investigation task links closely with the cooking and preparation section, covering: food science; sensory properties; and food safety. NEA 1 – Food Investigation counts for 15% of the GCSE Food preparation and nutrition qualification.</p>	<p>Topic Overview: Focus: NEA 2 – Food Preparation Task Covering: Preparation of the project pages; Planning (nutritional values; costings); preparation (time plans); Cooking; presentation; analysing; and evaluations.</p> <p>NC links: Principles of nutrition and health: Working out nutritional values and challenging portion size. Healthy and varied diets: producing sweet and savoury products. Cooking Techniques: preparing ingredients; using utensils and electrical equipment; applying heat in different ways; sensory analysis; adapting and using their own recipes. Understanding ingredients: understanding the characteristics of the product.</p> <p>GCSE Links: The food preparation task links closely with the nutrition; food provenance; and skills requirements (preparation and cooking techniques) sections of the qualification. NEA 2 – Food preparation task counts for 35% of the GCSE Food preparation and nutrition qualification.</p>	<p>Topic Overview: Focus: Examination revision and technique. Covering: Introducing the examination; achieving examination success; revision techniques; understanding the terms used in an examination paper; exam practice. Revisiting areas of weakness identified from the mock examination.</p> <p>NC links: Covering all aspects from the national curriculum of Key stage 3, Principles of nutrition and health; Healthy and varied diets; Cooking Techniques; Understanding ingredients.</p> <p>GCSE Links: The examination counts for 50% of the GCSE Food preparation and nutrition qualification.</p>	<p>Topic Overview Focus: Written Examination Covering: Nutrition; Food provenances and food choice; Cooking and food preparation; and Skills and preparation and cooking techniques.</p> <p>NC links: Covering all aspects from the national curriculum of Key stage 3, Principles of nutrition and health; Healthy and varied diets; Cooking Techniques; Understanding ingredients.</p> <p>GCSE Links: The examination counts for 50% of the GCSE Food preparation and nutrition qualification.</p>