

Year 10: Food Preparation and Nutrition Unit 4 Overview – Mock NEA Food Choice

Target Grade:

You will learn about:

Throughout this unit, you will gain confidence in completing both NEA tasks. You will research and explore cultural diversity within food as well as analysing the requirements of different specialist diets whilst considering wider factors that affect our food choice such as social, moral and environmental issues. You will explore and analyse a task, identifying what type of research will help you gather information relating to the brief in the most effective way.

You will identify suitable dishes for the brief and develop practical skills whilst planning the final dishes for your practical exam. You will develop skills in planning effectively, including writing time plans and confidently adapting ingredients to meet particular requirements. You will develop confidence in higher level making and presentation skills, analysing the effectiveness and suitability of recipes whilst considering cost and nutritional information.

You will know and understand:

- Life stages and specialist diets.
- Nutritional Guidelines and Nutritional Analysis.
- Health related Diets and medical issues.
- The use of primary and secondary research.
- How to up-skill dishes to increase skill and improve presentation.
- How to write to justify, explain and evaluate.
- How to create clear, logical and effective time plans.
- How to critically evaluate dishes, analysing cost and nutritional values.
- Methods used to test and analyse food.

Lesson Overview:	Key Words:
<ol style="list-style-type: none">1. Introduction to NEA Structure and the brief. Initial research.2. Primary and secondary research.3. Demonstrating skills: Practical Trial.4. Demonstrating Skills: Evaluation.5. Demonstrating Skills: Practical Trial.6. Demonstrating Skills: Evaluation.7. Analysing, up-skilling and evaluating dishes. Reasons for Choice.8. Effective Time plan writing.9. Time plans. Special points.10. Practical exam.11. Evaluation and Nutritional Analysis.12. Mini NEA Investigation Practical Task.	Analyse Suitable Requirements Nutrition Suitability Sensory Environmental Equipment Technique Investigate Function Experiment Hypothesis

<p>Suggested reading or support available:</p> <p>See important resources, feedback and information about lessons in your Showbie Class folder.</p> <p>http://www.foodafactoflife.org.uk/site.aspx?siteId=19&t=3</p> <p>https://www.bbcgoodfood.com/</p> <p>https://www.bbc.com/food/techniques</p> <p>https://www.vegsoc.org/</p> <p>https://www.bbc.com/bitesize/subjects/zb8jmp3</p> <p>www.technologystudent.com</p> <p>Illuminate publishing-AQA Food preparation and nutrition</p> <p>Hodder Education-Food prep and nutrition</p>	<p>Cross curricular</p> <p>P.E Nutritional requirements of different groups. Nutrient functions, sources and alternative food choices. Research into nutrient requirements at different life stages. Medical reasons for different diets. Diet related illness.</p> <p>Science Food Investigations: The chemical and functional properties of ingredients within recipes. Reactions and changes taking place during cooking Methods. The effects of heat and methods on ingredients.</p> <p>SMSC: Factors that affect our food choices. Social, moral and environmental issues when selecting food.</p> <p>Literacy: Descriptions of techniques. Writing recipes for instructions. Scanning and analysing text for research. Writing questionnaires.</p> <p>Numeracy: Calculating reaction and cooking times. Measurements and timings within time-plans. Analysing nutritional data. Calculating and recording results when carrying out an investigation. Use of methods to complete sensory analysis and record results.</p>
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