

National curriculum or specification coverage

Eduqas GCSE Food Preparation & Nutrition specification – Component 1 – Principles of Food and Nutrition

1. Food commodities:

- a. fruits & vegetables;
- b. starchy carbohydrate foods (bread, cereals, flour, oats, rice, potatoes, pasta)
- c. dairy foods (milk, cheese, yoghurt)
- d. meat, fish, poultry, eggs
- e. soya, tofu, beans, nuts, seeds
- f. butter, oils, margarine, sugar and syrup

2. Principles of Nutrition: Macronutrients and micronutrients

3. Diet & Good Health:

- a. Energy requirements of individuals
- b. Plan balanced diets
- c. Calculate energy and nutritional values of recipes, meals and diets

4. The Science of Food:

- a. The effect of cooking on food
- b. Food spoilage

5. Where food comes from:

- a. Food provenance
- b. Food manufacturing

6. Cooking and Food Preparation

- a. Factors affecting food choice
- b. Preparation & cooking techniques
- c. Developing recipes and meals

Date	Exams/ Assessments	Learning Intentions	Core Task/Assessments
31/08/26		- Nutrition: the nutrients, functions and sources - The food groups & classification - Balanced diets	
07/09/26			
14/09/26			
21/09/26			
28/09/26			

05/10/26		Food Commodity 1: Fruit & vegetables	Unit 1 written assessment Brief, plan and practical assessment for unit 1
12/10/26			
19/10/26	• Origins, production and processing • Classification • Advanced chopping skills • Nutritional values and role in diet • Minimising nutrient loss in fruit & veg when storing, preparing and cooking vegetables • Topical food issues relating to fruit & veg: organic; seasonality; genetically modified crops • Food Science investigation - Enzymic browning of fruit • Practical work to possibly include: ◦ Fajitas/stir fry/enchiladas ◦ Fresh fruit gateau – focussing on presentation & food styling ◦ Apple pie ◦ Carrot cupcakes. • <u>Written assessment for unit 1</u> • <u>Brief, plan and practical assessment for unit 1</u>		
26/10/26	HALF TERM		
02/11/26		Food Commodity 2: Starchy Carbohydrates Foods	
09/11/26			
16/11/26	Y10		
23/11/26	Y10		
30/11/26			
07/12/26			
14/12/26	• Cereal crops & staple foods • Origins, production and processing • Nutritional values and role in diet • Energy, energy balance, starch v sugar, glycaemic index • Effect of heat on starch • Functions and ratios of ingredients in baked products • Methods of cake making • Pastry: functions of ingredients in each; uses of each type in baking • Raising agents • Practical work to possibly include:		

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		- o Risotto - o Chicken veloute (roux sauce) - o Different wheat based breads - o Victoria sandwich cake - o Chocolate swiss roll yule log - o Short crust pastry mince pies - o Choux pastry profiteroles • Food Science investigation - suitability of different flours for bread making • <u>Written assessment for unit 2</u> • <u>Brief, plan and practical assessment for unit 2</u>	Unit 2 written assessment Brief, plan and practical assessment for unit 2
21/12/26	CHRISTMAS HOLIDAY		
28/12/26			
04/01/27		• Food Commodity 3: Dairy Foods • Origins, production and processing • Sensory analysis / profiles • Nutritional values and role in diet • Meal planning for particular groups & nutritional needs • Technological developments in food processing • Practical work to possibly include: - o Homemade butter and buttermilk scones - o Panna cotta & fruit coulis (setting by gelation) - o Cheesy rough puff pastry tartlets • <u>Written assessment for unit 3</u>	Unit 3 Written assessment
11/01/27			
18/01/27			
25/01/27			
01/02/27			
08/02/27			
15/02/27	HALF TERM		
22/02/27		Food Commodity 4: Protein rich foods (meat, fish, eggs, nuts, seeds, beans, lentils, pulses) • Origins, production and processing • The science of protein • Nutritional values and role in diet	

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01/03/27		- Food safety, bacteria, cross-contamination - Food labelling - Quality assurance & traceability - Methods of cooking & heat transference - Effect of heat on protein - Uses of eggs in cooking - Uses and processing of soya beans - Product development of Quorn. - Nutritional Values of plant protein foods – low biological values. - Complimentary action of plant protein foods. - Sensory analysis and types of taste test (in readiness for NEA1) - Vegetarians & dietary restrictions of some religious groups relating to meat consumption.	
08/03/27			
15/03/27			
22/03/27			
29/03/27	SPRING BREAK		
05/04/27			
12/04/27		- Practical work to possibly include with a focus on food styling in readiness for NEA2: - Portioning a whole chicken - Chicken kiev / roulades - French style chicken - Cooked breakfast – food science in action! - Filleting of fish – fish & chips - Meringue roulade - Quiche - Hummus & pitta bread <u>Brief, plan and practical assessment for unit 4</u> <u>Written assessment for unit 4</u>	Unit 4 written assessment
19/04/27	Y10		
26/04/27	Y10		
03/05/27			
10/05/27			
17/05/27			
24/05/27			
31/05/27	HALF TERM		
07/06/27		Unit 5: Fats & oils, sugars & syrups - Origins, production and processing - Types and classification	Mock NEA1 Food Science Investigation
14/06/27			
21/06/27			
28/06/27			
05/07/27			

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12/07/27

- The science of fats & oils
- Nutritional values and role in diet
- Health issues relating to fat and/or sugar

Food science investigation: mock NEA1 task