

# KS4: GCSE Food Preparation and Nutrition



## The Big Knowledge Picture

1. Food Commodities
2. The Principles of Nutrition
3. Diet + Good Health
4. The Science of Food (the effects of cooking on food)
5. Where food comes from (food provenance + food manufacturing)
6. Cooking + Food Preparation

## The Year 10 Big Questions

- What functions do the nutrients have in our bodies?
- What happens to food when we apply heat?
- What are the major diet related diseases – how can these be prevented?
- How can technical skills be developed and improved?

## The Year 11 Big Questions

- How can task titles be analysed?
- How can higher level technical skills be demonstrated?
- What is a Dovetail Time Plan?

