



Food and Nutrition

Y10 - NEA Road map

**EAT WELL
LIVE WELL
BE WELL**



Moving onto Exam Prep

Section E: Final evaluation
Write a final evaluation to identify any improvements
How suitable the final dishes related to the task?
What improvements would you make and why?
Consider:
• Cost
• Sensory qualities
• Food provenance
• Nutritional aspects
• Technical skills and techniques
• Quality and finish of final menu

Section E: Analysis and evaluation of your dishes (8 marks)
Evaluate your practical work using sensory analysis
Write a nutritional label and analyse the nutritional qualities of each dish
Write a costing for each dish and compare with supermarket and restaurant prices

Section D: Making the Final dishes (30 marks)
Before --Ensure you have your recipes and time plan
Read through time plan
Check that you have all of the ingredients that you need and any specific equipment
On the day:
Consider personal hygiene and food safety
Remain organised and confident
Work independently
Check equipment before use
Follow your time plan
Presentation:
Consider garnishes, decoration and portion size. The dish must look visually appealing and show high level finish

Section C: Planning the final menu -- Producing a time plan
Write a dovetail time plan for preparing and making your final dishes
This should show:
• All stages of making in the correct order
• Timings for each stage
• Food safety principles



Section C: Planning the final menu (8 marks)
Selecting the final dishes
Decide which 3 dishes to make for the final assessment. These must relate to the task, research and technical skills you have demonstrated. The final dishes must not be the same as the previous dishes made in section B

Section B: Food preparation and technical skills (making):
Make each chosen dish with accuracy, high food safety and high demand
Present and photograph each dish with name and candidate number
Complete an evaluation of each dish made

Section B: Demonstrating technical skills (18 marks)
List of possible dishes
Explore a range of suitable dishes which meet the task (8-12 dishes)
Identify how the dish is suitable and it's nutritional qualities
Identify what skills would be shown in the making of each dish
Explore, experiment and be creative

Section B: Selecting three dishes to demonstrate technical skills
Are the dishes suitable for the task?
Do the choices reflect findings from research?
Do the dishes showcase a range of technical skills?
Will I be evidencing different cooking methods and processes?

NEA 2 – Food Preparation Task Worth 35% of overall grade



NEA 2 - Introduction
Introduction of three tasks
Mind map of tasks – analyse the task and explore prior knowledge and questions
Choose the task you would like to study

YEAR 10 NEA 2

Section A :Research analysis:
Write a summary to analyse your research to explain what you have found out.
Present as bullet points or paragraph

Section A: Researching the Task (6 marks)
What do you know already about the task (prior knowledge)
What do you need to know?
What research could you carryout to answer the task?

Section B: Carry out your practical investigations under controlled conditions
Plan carefully
Have a clear aim of what you want to find out
What controls need to be put in place to make sure you are carrying out fair testing
Record your results and evidence successfully

Section C: analysis and evaluation
Explain and justify your conclusion
What have you learned?
How does this compare to your hypothesis
How could you use these result in future food preparation and cooking?

Section B: Investigation
What practical investigations will you do?
Write your hypothesis to predict what you think will happen



NEA 1 – Food Investigation Task Worth 15% of overall grade



Year 10 NEA 1

Section A: Carrying out research
Mind map ideas of how you could research the task
What sources of information will you use?
Consider primary and secondary research sources
Analyse what you have found out – what do you still need to know and how will you investigate this further?

NEA 1 – Introduction
Choose and Analyse the task – what have you been asked to do? Mind map ideas
Plan your research – what do you already know? what do you need to find out?