

Curriculum Map ADT Food Preparation and Nutrition

Success:

FULL COURSE
CONSOLIDATION

NEA 2
NOVEMBER
PRACTICAL
EXAMINATION
15 ASSESSMENT
HOURS

NEA 1
FOOD SCIENCE
INVESTIGATION
SEPTEMBER
9 ASSESSMENT
HOURS

11

NEA 1 practice
Effectiveness of nut
thickeners

Dietary considerations

How commodity is
grown and reared

Provenance

Commodity
Soya, tofu,
beans, nuts,
seeds

Food Hygiene
Safety and storage

Foods Science
Nuts as thickener

Nutritional Values

Classification

NEA 1 practice
Making Mayonnaise

Dietary considerations

How commodity is
grown and reared

Provenance

Food Hygiene
Safety and storage

Foods Science
Hydrogenation
Shortening
Emulsification
Melting smoking
point

Nutritional Values

Classification

Commodity
Butter, oils.
Margarine,
sugar and
syrup

NEA 1 practice
Best meringues
Heat on proteins

Dietary considerations

How commodity is
grown and reared

Provenance

Commodity
Meat Fish
poultry and
eggs

Food Hygiene
Safety and storage

Foods Science
Denaturation
Co-agulation
Aeration/ Foams
Maillard reaction

Nutritional Values

Classification

NEA 1 practice
Gluten experiment
Thickening a sauce

Dietary considerations

How commodity is
grown and reared

Provenance

Food Hygiene
Safety and storage

Foods Science
Gluten formation
Gelatinisation
Coagulation,
Dextrinization

Nutritional Values

Classification

Commodity
Cereals

NEA 1 practice
Making Butter and cheese

Dietary considerations

How commodity is
grown and reared

Provenance

Food Hygiene
Safety and storage

Foods Science
Emulsifying
Denaturing
Benefits of
bacteria

Nutritional Values

Classification

Commodity
Milk,
cheese and
yoghurt

NEA 1 practice
Effects of acid enzymic
browning

Dietary considerations

How commodity is
grown and reared

Provenance

Commodity
Fruit and
Vegetables

Food Hygiene
Safety and storage

Foods Science
Enzymic browning
Oxidation

Nutritional Values

Classification

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