

FOOD PREPARATION AND NUTRITION Subject Mission and Rationale

What will you learn about?

Please see the Curriculum Maps to see what is taught in each year of KS3.

- **Food Nutrition and Health** – What are the different nutrients? What role do different nutrients have in the body? What is the relationship between diet and health?
- **Food Provenance** – Where does our food come from? How are crops processed to make ingredients?
- **Food Choice** – What are the different factors that influence what we choose to eat?
- **Food Science** – What scientifically happens to food when it is prepared and cooked?
- **Food Safety** – How can we ensure that food is prepared, cooked and stored safely?
- **Practical Skills and Techniques** – Students will learn to use the cooker and will learn a wide range of food preparation skills.

How will they be assessed?

Students will be given regular verbal feedback within their practical lessons 'in the moment'. This allows students to act upon this feedback immediately for the maximum impact on progress.

Students will be assessed via written and practical assessments.

Home Learning

Students are set practical evaluations to reflect upon their practical outcome and own personal performance in practicals. In addition, where students provide ingredients for practicals they will continue to develop their weighing and measuring skills at home when preparing their ingredients for lessons.

Students are encouraged to practice their practical skills out of lessons by helping to prepare and cook meals at home.

To be successful in this subject, students will need to be good at and enjoy:

- Learning how to cook independently
- Developing organisational and time management skills
- Developing problem solving skills and the ability to overcome challenges
- Teamwork when carrying out practical investigations
- Learning through practical activities

WHAT IS THE FOCUS OF EACH YEAR IN KEY STAGE 3?

Year 7

Students arrive with limited skills and knowledge as many primary schools lack the facilities or expertise to teach Food at KS2, therefore much of what they know is taught at home, usually cakes. Year 7 focuses on laying the foundation of basic practical skills and Healthy Eating knowledge to allow students to build upon this in later years. Learning how to use equipment safely is a key focus of this year, with fruits and vegetables being the focused commodity.

Practical lessons include: Eat the Rainbow Wrap, Boiled egg and soldiers, Quesadilla, Flatbread and tzatziki, Cheese and Spinach Muffins, Sausage Koftas.

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Year 8

The focus this year is on developing and refining the basic skills taught in year 7, developing accuracy and control across a range of equipment. More complex dishes featuring meat, chicken and alternative proteins are introduced this year. These intermediate skills build on the foundations of the basic skills learned in year 7 and prepare students for year 9. Our students come from a variety of different cultures so a focus in year 8 is International and British cuisines. This year also introduces the concept of different nutritional needs based on lifestage, and food choice based on ethics. Students are exposed to a variety of food related messages from different sources so in year 8 we focus on how different factors affect food choice such as religion, celebration, dietary needs, peer pressure and the media.

Practical lessons include: Burritos, Sausage Pasta Bake, Goujons, Margarita Pizzetta, Supervveg Burger and Rainbow slaw, Irish Soda Bread

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Year 9

This year more complex practical skills are introduced in preparation for KS4 study. This ensures that students who opt for the subject at KS4 are well prepared but also those that do not continue with the subject still learn complex skills that they can use at home. A key focus is different pastry skills and considering the different nutritional profiles of different types of pastry. These intermediate skills build on the foundations of the basic skills learned in year 7 and 8. Our students come from a variety of different cultures so a focus in year 9 is International and British cuisines. This topic is sequenced in the final year of KS3 as it pulls through knowledge from the previous years and also from other subjects such as RE, Science, Geography and Maths.

Practical lessons include: Turkey burgers, 50:50 Bolognese, Corn, chilli and cheese empanadas, dough balls and garlic butter, Mac and Cheese, Singapore Noodles.

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GCSE Food Preparation and Nutrition

Exam Board AQA

Code 8585

Subject Lead Mrs Goddard

At the heart of the qualification is a focus on developing practical cookery skills and a robust understanding of nutrition.

You'll also learn about food from around the world, culinary traditions and developing an understanding of where food comes from and the challenges surrounding food security.

You'll master culinary skills and appreciate the science behind food and cooking.

This is an exciting and creative course which will allow you to demonstrate your practical skills and make connections between theory and practice.

GCSE Food Preparation and Nutrition equips you with an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety.

It will inspire and motivate you, opening your eyes to a world of career opportunities and giving you the confidence to cook with ingredients from across the globe.

What will I study?

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Subject content

- Food preparation skills are integrated into five core topics:
- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance.

How will I be assessed?

There will be one exam for this qualification, which will assess your knowledge of the theory behind food preparation and nutrition.

The exam will be 1 hour 45 minutes long.

The second part of the assessment will be the non-examination assessment (NEA) and will consist of two tasks, involving practical work:

- **NEA1 Food Investigation:** You will carry out an investigation into the scientific principles that underpin the preparation and cooking of food.
- **NEA 2 Food Preparation Assessment:** You will plan, prepare, cook and present a final menu of three dishes within a three hour practical exam, planned in advance.

How will it fit in with my other subjects?

The skills you develop through the study of Food Preparation and Nutrition will support your study of a wide range of other subjects and can be studied in combination with any other GCSE course. In terms of subject knowledge, nutrition and health may particularly complement the study of Biology, PE and Health and Social Care.

Food preparation and nutrition also helps you to learn how to work independently and manage your time.

What skills will I learn?

This is a GCSE course with a strong practical focus.

You'll master a variety of technical skills and become proficient in the kitchen e.g. knife skills, deboning and jointing a chicken, filleting a fish amongst others.

In addition, you'll develop an in-depth knowledge of food science, food safety, food choice, nutrition and health and food provenance.

Where will GCSE Food Preparation & Nutrition take you?

After taking this course, you could embark on AS or A-level study, begin an apprenticeship or begin employment in the catering or food industries.

You'll also have the knowledge and skills to feed yourself (and others) affordably and nutritionally for life.