Wyedean

School and Sixth Form Centre

Aspire together, achieve together
adfecere pariter, perfecere pariter

Food Preparation and Nutrition

Curriculum Intent

The Technology Department includes both Design Technology and Food. It aims to develop our students' curiosity and understanding of the world around them through the products they use and the food they eat. The 'hands-on' practical aspects of the course serve to develop our students' skills and confidence with both workshop processes and kitchen equipment. They find how to use equipment safely and appropriately and how to select materials or ingredients according to their specific properties and uses.

Creativity and problem solving underpin the ethos of our design and planning work and a core part of this is studying the approach of well-known and important chefs or designers. Students are also challenged to think about their social and environmental responsibilities e.g. concerning the origin, production, use, disposal and wastage of materials, food and other natural resources.

At KS3 students follow schemes of learning and complete three rotations;

- Design
- Make
- Food

We want students to understand how simple it is to prepare their own food and to understand the impact good food choices can make on health and lifestyle. They learn about all the main food groups and their nutritional value towards a healthy lifestyle. They learn about food storage and hygiene and to think about food provenance e.g. how and where it is produced. They develop a wide range of practical skills in the kitchens preparing, cooking and presenting savoury dishes and some sweet treats.

We hope our GCSE and BTEC courses give students an insight into future vocational opportunities and the skill, ambition and qualifications to gain positions in further education or employment. These courses lead onto AS Food Science and Nutrition, where students complete what they have learnt in more depth.

Implementation

Year 7	Students are introduced to the school food room and to good hygiene practices when preparing and storing food. They learn basic preparation and knife skills and use of the hob, grill and oven whilst preparing both savoury and sweet dishes. They learn about the Eatwell Guide, Food contamination, macronutrients, types of Hospitality and finishing the rotation completing a sensory analysis. **Practicals:** Rainbow wraps, omelette, croque monsieur, pesto pasta, dough balls, scones, cheese straws, carrot muffins, soup and a seasonal practical.
Year 8	In Year 8 students further develop their practical skills and use a wider range of cooking and preparation methods. They investigate cross contamination and food poisoning. Learning in more depth about food allergies and tolerance and their differences. Food provenance for food miles, sustainability. Students also learn about the different Hospitality roles in the industry and the functions of different ingredients in cooking. **Practicals:** Bread designs, Ragu, Pizza, Rock cakes, Stir-fry, Macaroni cheese, Marble pear traybake, Egg fried rice, Beef Burger/Falafel burger (vegetarian) and a seasonal practical.
Year 9	In Year 9 we revise Food poisoning, hygiene in more depth looking at the signs, symptoms and causes. Students also revise macronutrients from previous years, with an introduction of micronutrients, functions of nutrients for the human body and where can they be sourced. nutritional needs for different life stages and look at the important diet related health conditions. This leads onto food labelling and an understanding of food choices. Students are also encouraged to think about food providence – where their food comes from and how it is produced. Food provenance revisiting from Year 8, going into more depth about where does out food come from and how can we be more sustainable. **Practicals:** Calzone, Vegetable curry, Bolognese, Berry turnover, Carbonara, Sweet and sour Chicken, Poached egg with a hollandaise sauce and toast, Vegetable risotto and a seasonal practical.

Year 10 GCSE	Year 10 Students learn, recap and develop knowledge in six topics of Food Science and Nutrition; F&N Topic 1 Practical skills F&N Topic 2 Food, Nutrition and Health F&N Topic 3 Food Science F&N Topic 4 Food Safety F&N Topic 5 Food Choice F&N Topic 6 Food provenance They recap and develop a wide range of culinary preparation and cooking skills including food styling for presentation of their finished dishes. They make investigations into the science and nutrition aspects underpinning preparation of food and make links to healthy diet choices. Students practice the two NEA tasks through structured food science investigations and planning, preparing and presenting a recipe of several dishes.	**Year 10 Hospitality and Catering**	Year 10 Students learn, recap and develop knowledge in four main topics of Hospitality and Catering; 1.1 Hospitality and Catering Provision 1.2 How the Hospitality and Catering providers operate 1.3 Health and Safety in Hospitality and Catering 1.4 Food Safety in Hospitality and Catering They recap and develop a wide range of culinary preparation and cooking skills including food styling for presentation of their finished dishes. Students practice a mock Controlled Assessment at the end of Year 10. Whilst learning the importance of nutrition, how cooking methods impact of nutritional value and menu planning.
Year 11 GCSE	Year 11 targets the two NEA tasks: NEA-1 Food investigation which researches and tests a food science hypothesis and NEA-2 Food preparation which involves planning towards a 3-hour practical assessment. Throughout the year students also revisit the knowledge and skills needed for the exam through specific lessons supported by homework tasks. They sit a mock exam in November and the final exam in June.	**Year 11 Hospitality and Catering**	Year 11 targets the 6-hour controlled Assessment 'Understand the importance of Nutrition when planning Menus.' 'Be able to cook dishes' which involves planning theory of nutrients and cooking methods. Explaining factors to consider when proposing dishes, environmental issues and the needs of the customer. Planning and using a range of techniques in preparation, cooking and presentation of commodities before completing it in their 3-hour practical assessment. Throughout the year students also revisit the knowledge and skills needed for the exam through specific lessons supported by homework tasks. They sit a mock exam in November and the final exam in June.

Year 12 Level 3 Food Science and Nutrition	AS equivalent in Food Science and Nutrition. Students build on their prior knowledge from Food, Preparation and Nutrition or Hospitality and Catering in more depth. There are 6 topics for this course. LO1 Food Safety LO2 Nutrition LO3 Nutritional needs of humans LO4 Diets LO5 Menu planning LO6 Preparation and cooking techniques. They cook weekly to increase their skills and presentation techniques, in preparation for their practical exam after February half term. They complete the year with a written examination in June.

Impact
Assessment

The context for NEA 1 – Food investigation is released by AQA in September of Year 11. Students plan a series of food investigations to test a hypothesis relating to food science principles. Work is recorded and written up in a Word document. The context for NEA 2 – Food preparation is released in October. In this NEA task students research a specific food topic, then make a series of practice dishes towards planning for a 3-hour practical assessment where they prepare, cook and present 3 dishes. This is also written up in a report. Students submit NEA 1 in March and NEA 2 in January of Year 11. The work is assessed in school and submitted to AQA for moderation.

Students prepare for the final exam through class revision activities and homework. Practice questions and other activities are set throughout KS4 including end of year assessments in Year 10 and a mock exam in November for Year 11. Written feedback is provided to learners with strengths and areas to improve identified in order to allow them to make further progress.

KS4- GCSE Food, Preparation and Nutrition

GCSE Food Preparation and Nutrition (AQA 8585)	Weighting	Assessment	When
Non-exam assessment (NEA) Task 1 Food investigation (30 marks)	15%	Practical food investigations and written report	Year 11 (March deadline)
Task 2- Food preparation (70 marks)	35%	Plan, Preparation, cook and present 3 dishes for 3-hour practical assessment	Year 11 (January deadline)
Final exam (100 marks) Food nutrition and health Food Science Food Safety Food Choice Food Provenance	50%	External exam (1 hour 45 mins)	Year 11 (June)

KS4- Eduqas Level 1/2 Hospitality and Catering

	Weighting	Assessment	When
Unit 1- Final exam	40%	**External examination** on the computer	Year 11- June
Unit 2 Controlled Assessment	60%	**Controlled Assessment** Plan, Preparation, cook and present 3 dishes for 3-hour practical assessment	Year 11- December

KS5 Level 3 Food, Science and Nutrition

	Weighting	Assessment	When
Internal- Controlled Assessment	**50%**	**Controlled Assessment**	February
External- Final exam	**50%**	**External examination** (90 minutes plus 15 minutes reading time)	June

Department

Ms J Coggins
cogginsj@wyedeanschool.com
(Subject Leader – Technology) Teacher of GCSE Food and Nutrition and Level 3 Food, Science and Nutrition

Mrs M Groucott
groucottm@wyedeanschool.com
Teacher of BTEC Hospitality and Catering and Level 3 Food, Science and Nutrition

Mrs A Ross
rossa@wyedeanschool.com
Teacher of GCSE Food and Nutrition and BTEC Hospitality and Catering

Mrs S Johnson our Food Technician