



# Food

## Curriculum Intent

### Key Stage 3

The overall aim during KS3 is for students to learn to work independently and safely in the food environment and to act as a stepping stone to either progressing on to the new Food Preparation and Nutrition GCSE or to enable them to use the skills learnt to allow them to prepare basic but healthy products according to their own dietary requirements.

In **Year 7** they will learn how to use the main pieces of equipment such as the grill, hob and main oven as well as the various knives and other small equipment in a safe and hygienic manner.

In **Year 8** the focus is on the basic practical skills alongside the associated theory, basic nutrition and simple recipe exchange of suitable ingredients

**Year 9** is the final stepping stone where students apply the skills learnt, both practical and theoretical, to adapt recipes to make them suitable for special diets, peoples likes and dislikes and multicultural needs. Alongside this they will also extend their nutritional understanding and be able to plan and make main meals.

Each year incorporates an aspect of experimental work, in order to make them better prepared for this section of the GCSE.

### Key Stage 4

It is designed to equip our students with an array of culinary techniques giving them confidence to cook with ingredients across the globe. It will develop their knowledge of nutrition and healthy eating, food science, food provenance, and the working characteristics of food materials.

In **Year 10** they will cover all the knowledge and skills necessary to prepare them to work independently on the NEA work which is completed in year 11.

In the Autumn and Spring terms of Year 11 all NEA work is carried out and then a well structured revision programme prepares them for the final exam.

# Curriculum Implementation

## Key Stage 3

Year 7	Year 8	Year 9
<p><b><u>Fantastic 5</u></b>  <b><i>Recipes include:</i></b></p> <ul style="list-style-type: none"> <li>● Fruit fusion</li> <li>● Breakfast muffins</li> <li>● Vegetable curry</li> <li>● Top toastie</li> <li>● Fruit crumble</li> </ul> <p><b><i>Key objectives of this unit are:</i></b></p> <ul style="list-style-type: none"> <li>● To develop basic cookery skills using a range of fresh ingredients.</li> <li>● To develop an awareness of the characteristics of ingredients eg enzymic browning</li> <li>● To consider diet and nutritional needs.</li> <li>● To use the grill, hob and oven.</li> <li>● To weigh and measure ingredients accurately.</li> <li>● To carry out sensory analysis to evaluate foods.</li> <li>● To understand the importance of health and safety issues.</li> <li>● To understand consumer and money issues related to food shopping.</li> <li>● To understand the impact of environmental issues on food choices.</li> </ul>	<p><b><u>European Delights</u></b>  <b><i>Recipes include:</i></b></p> <ul style="list-style-type: none"> <li>● Scones</li> <li>● Quiche Lorraine</li> <li>● Couscous / pasta salad</li> <li>● Home-made pasta</li> <li>● Bread rolls</li> <li>● Pizza</li> <li>● Roux sauce</li> <li>● Fruit based cake</li> <li>● Greek style filo pie</li> <li>● Savoury rice dish</li> <li>● Ratatouille</li> </ul> <p><b><i>Key objectives of this unit are:</i></b></p> <ul style="list-style-type: none"> <li>● To develop a more detailed awareness of the characteristics and working properties of ingredients.</li> <li>● To increase confidence and competence in a variety of cookery skills.</li> <li>● To have a deeper understanding of diet and nutritional needs.</li> <li>● To understand the importance of health and safety issues.</li> <li>● To carry out a range of sensory analysis to evaluate foods.</li> <li>● To understand money issues related to food shopping including advertising and marketing.</li> <li>● To develop an awareness of environmental issues linked to food.</li> <li>● To carry out experimental work using flours in cake making</li> </ul>	<p><b><u>Developing Healthy Sweet Treats and Street Food</u></b>  <b><i>Recipes include:</i></b></p> <ul style="list-style-type: none"> <li>● Shortbread</li> <li>● Swiss roll</li> <li>● Vegetable cakes</li> <li>● Short-crust pastry product</li> <li>● Sweet bread product</li> <li>● Chinese Stir-fry</li> <li>● Indian starter/main dish of choice</li> <li>● Thai fish cakes/Thai Green Curry</li> <li>● Fajitas with homemade tortillas</li> </ul> <p><b><i>Key objectives of this unit are:</i></b></p> <ul style="list-style-type: none"> <li>● To further develop awareness of the characteristics and working properties of ingredients.</li> <li>● To increase confidence and competence in a variety of cookery skills and to have the knowledge to adapt and develop these further.</li> <li>● To have a deeper understanding of diet and nutritional needs of specific target groups.</li> <li>● To understand the importance of health and safety issues.</li> <li>● To carry out a range of sensory analysis to evaluate foods.</li> <li>● To develop a greater awareness of cultural, ethical and</li> </ul>

- environmental issues linked to food.
- To carry out experimental work using different flours in shortcrust pastry.

## Key Stage 4: GCSE (AQA)

### Year 10

#### Food Preparation and Nutrition GCSE Exam board: AQA

#### There are 5 key sections to the course

1. Food nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance

#### Key objectives of this GCSE are to:

- Develop their understanding and knowledge of all key nutrients.
- Continue to apply their knowledge of nutrition to practical cookery.
- Develop an awareness of scientific principles governing food processes.
- Develop confidence and competence in a wider range of practical making skills selecting the correct equipment and processes to produce quality products.
- Have a more detailed awareness of the characteristics and working properties of ingredients.
- Have a wider understanding of the importance of health and safety issues when preparing food.
- Continue to carry out a range of sensory analysis techniques to evaluate foods.
- Increase awareness of methods of food production in a commercial environment.
- Develop an understanding of social, moral, ethical and environmental issues related to food.
- **Prepare them for the Non Exam Assessments to be carried out in year 11.**

### Year 11

Students carry out the new Non Exam Assessments (NEA) during the Autumn and Spring terms.

#### NEA 1 - The Food Investigation (worth 15%)

Students are given a choice of 3 tasks set by the exam board at the beginning of September. They have 10 hours to carry out experimental work related to the task and write up their results in no more than 2000 words.

This will test their understanding of the working characteristics, functional and chemical properties of ingredients

#### NEA 2 - The Food Preparation Assessment (worth 35%)

Students are given a choice of 3 design briefs set by the exam board at the beginning of November. They will then have approximately 20 hours to show their knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen brief. This will culminate in a 3hour practical exam.

The remainder of the year is spent preparing the students for the **final examination (worth 50%)**. This is 1hr 45mins long and takes place in the Summer term.

## Key Stage 5: A Level (AQA)

### A Level

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|---|---|
| <ul style="list-style-type: none"><li>• Modern family life</li><li>• The digital world</li><li>• Youth culture</li><li>• Festivals and traditions</li><li>• Art and architecture</li><li>• The cultural life of Berlin - past and present</li></ul> | <ul style="list-style-type: none"><li>• Immigration</li><li>• Integration</li><li>• Racism</li><li>• Germany and the EU</li><li>• Politics and young people</li><li>• German reunification and its consequences</li></ul> |
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## Impact

### Key Stage 3

By the end of KS3 students will be well prepared for GCSE Food Preparation and Nutrition with knowledge and experience of

- Hygiene and safety
- Weighing and measuring
- Confidently can use the hob, oven and grill
- Able to use specialist equipment including electrical equipment
- Able to prepare and make dishes using the basic practical techniques including bread, pastry, sauces and cakes
- Have a working knowledge of nutrition and the basic function of ingredients ready to be expanded during KS4.
- Healthy eating is always at the forefront of the lessons.

### Key Stage 4

By the end of KS4 students will

- Have a theoretical knowledge of Food Preparation and Nutrition as per the AQA syllabus
- Have the skills and understanding in relation to the planning, preparation, presentation and application of relevant nutrition
- Able to complete a 3 hour practical exam based on a theme set by the exam board
- Confidently able to complete practical work showcasing the 12 main categories as per the AQA syllabus
- Have a good understanding of the working characteristics, functional and chemical properties of ingredients and will be able to display this through scientific experimental work