



Curriculum Plan – Food Preparation & Nutrition

Intent: Food Preparation and Nutrition will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition, healthy eating, food choices & food provenance. The curriculum will allow develop a wide range of cooking skills in the students and enable them to plan and make healthy dishes as well as explaining the food science behind them.

Year	What will students learn?	Rationale	How will students be assessed?
9	<p>Long thin Option</p> <ol style="list-style-type: none"> 1. Food Safety – basic food hygiene 2. Food Science - fermentation, shortening, lamination, gelatinization, emulsification 3. Food choices – multicultural foods & special diets 4. Food, Nutrition & Health – Eatwell Guide, macronutrients 5. Food Preparation skills – knife skills, weighing & measuring, mixing, boiling, baking, piping, decorating, bread making, pastry making (short crust, rough puff, choux), cake making (whisked, all-in-one, rubbing-in & melting), pasta making, sauces (roux, coagulation & reduction) 	<p>In Year 9 the students will start their GCSE in Food Preparation & Nutrition. The theory section of the course is split into 5 sections;</p> <ol style="list-style-type: none"> 1. Food, Nutrition & Health 2. Food Science 3. Food Safety 4. Food Choices 5. Food Provenance <p>In Year 9 we focus on studying the theory sections 1, 2, 3 and some of 4. These are taught alongside the practical Food Preparation Skills so that pupils can visually link the theory work to the practical aspect e.g. when they make macaroni cheese (roux sauce) they also learn the food science (gelatinisation) and the Nutrition (Carbohydrates) so they can link them altogether.</p> <p>The Food preparation skills are taught with the basic principles learnt first and then these are built upon as the year progresses to develop these basic skills into more complex one and to make more complicated dishes.</p>	<p>There will be quizzes to test knowledge on SMHW at the end of each unit of learning</p> <p>Pupils will write investigation reports for the food science investigations, assessed against the NEA mark criteria.</p> <p>When completing practical work, the work will be graded using the GCSE NEA framework.</p>

			Pupils are also taught food investigations at a more basic level to prepare them for the NEA work they will complete in subsequent years			
10	<p>Long thin option</p> <ol style="list-style-type: none"> 1. Food Safety – Microorganisms, enzymes & bacterial contamination 2. Food Science – cooking of food & heat transfer, raising agents, fats & oils 3. Food choices – food labelling & factors affecting food choice 4. Food, Nutrition & Health – Macronutrients, micronutrients, diet related 5. Food Preparation skills – meat & fish preparation, doughs, planning & dovetailing, 	<p>Mid-Size option</p> <ol style="list-style-type: none"> 1. Food Safety – basic food hygiene 2. Food Science - fermentation, shortening, lamination, gelatinization, emulsification 3. Food choices – multicultural foods & special diets 4. Food, Nutrition & Health – Eatwell Guide, macronutrients 5. Food Preparation skills – knife skills, weighing & measuring, mixing, boiling, baking, piping, decorating, bread making, pastry making (short crust, rough puff, choux), cake making (whisked, all-in-one, rubbing-in & melting), pasta making, sauces (roux, coagulation & reduction) 	<p>Long thin option</p> <p>In Year 10 we build on the theory learnt in the previous year and introduce areas of the 5 sections that haven't already been covered.</p> <p>Pupils will build on their practical skills learnt in year 9 and have opportunities to repeat some enabling them to master them as well as make new dishes and learning more complex cooking skills. The also start to cook more than one dish in a lesson, teaching them to plan and dovetail a skill they need to use in completing the practical element of the NEA2</p> <p>The students will complete two mock NEAs;</p> <ul style="list-style-type: none"> • NEA 1 – the food science investigation. • NEA 2 – the Food preparation task 	<p>Mid-size option (Year 1)</p> <p>The theory section of GCSE Food Preparation & Nutrition is split into 5 sections;</p> <ol style="list-style-type: none"> 1. Food, Nutrition & Health 2. Food Science 3. Food Safety 4. Food Choices 5. Food Provenance <p>In Year 1 we focus on studying the theory sections 1, 2, 3 & 4. These are taught alongside the practical Food Preparation Skills so that pupils can visually link the theory work to the practical aspect e.g. when they make macaroni cheese (roux sauce) they also learn the food science (gelatinisation) and the Nutrition (Carbohydrates) so they can link them altogether. The Food preparation skills are taught with the basic principles learnt first and then these are built upon as the year progresses to develop these basic skills into more</p>	<p>Long thin</p> <p>Quizzes & tests at the end of each unit of learning.</p> <p>Pupils will complete an exam style assessment in assessment week.</p> <p>Practical work will be graded using the NEA assessment criteria.</p> <p>The mock NEA will be graded using the NEA framework and full feedback</p>	<p>Mid-Size</p> <p>Quizzes & tests at the end of each unit of learning.</p> <p>Pupils will complete an exam style assessment in assessment week.</p> <p>Practical work will be graded using the NEA assessment criteria.</p> <p>The mock NEA will be graded using the NEA framework and full feedback</p>

				<p>complex one and to make more complicated dishes. Pupils are also taught food science investigations to prepare them for the NEA work they will complete in subsequent years. They complete a mock NEA 1 and NEA 2 in year 1.</p>	will be given to students.	will be given to students.
11	<p>Long thin option</p> <ol style="list-style-type: none"> 1. Completion of NEA 1 2. Completion of NEA 2 3. Food provenance 4. Revisit of the other 4 subject areas in preparation for the external examination. 	<p>Mid-Size option</p> <ol style="list-style-type: none"> 1. Completion of NEA 1 2. Completion of NEA 2 3. Food provenance 4. Revisit of the other 4 subject areas in preparation for the external examination. 	<p>Long thin option</p> <p>In year 11 the students start the year by completing their NEA 1 (the exam board releases the topics for this on September 1), they then complete their NEA 2 (topic released on November 1). These have to be completed as soon as topics are released to enable them to be marked and submitted to the exam board by May.</p> <p>Throughout the completion of the NEA, in lessons there will be built in time to revisit prior learning, complete short quizzes and tests and produce revision resources. This ensures the students are equipped with</p>	<p>Mid-Size option</p> <p>In year 11 the students start the year by completing their NEA 1 (the exam board releases the topics for this on September 1), they then complete their NEA 2 (topic released on November 1). These have to be completed as soon as topics are released to enable them to be marked and submitted to the exam board by May.</p> <p>Throughout the completion of the NEA, in lessons there will be built in time to revisit prior learning, complete short quizzes and tests and produce revision resources. This ensures the students are equipped with the K&U for their exam assessments. This</p>	<p>Long thin</p> <p>The NEA's will be internally marked and a selection, chosen by the exam board will be sent for moderation.</p> <p>Mock exams will be marked using the mark scheme provided by the exam board for the</p>	<p>Mid-Size</p> <p>The NEA's will be internally marked and a selection, chosen by the exam board will be sent for moderation.</p> <p>Mock exams will be marked using the mark scheme provided by the exam board for the</p>

			<p>the K&U for their exam assessments. This also allows staff to monitor the progress of each student, ensuring that they are achieving their full potential.</p> <p>After the completion of the NEA the students spend their remaining lessons revisiting prior learning and preparing them for their external examination.</p>	<p>also allows staff to monitor the progress of each student, ensuring that they are achieving their full potential.</p> <p>After the completion of the NEA the students spend their remaining lessons revisiting prior learning and preparing them for their external examination.</p>	<p>appropriate paper.</p> <p>Revisited knowledge will be assessed through end of unit testing and further practice exam questions.</p>	<p>appropriate paper.</p> <p>Revisited knowledge will be assessed through end of unit testing and further practice exam questions.</p>
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