



Food Preparation & Nutrition Curriculum Plan

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 students to develop a wide range of cooking skills and enable them to plan and make healthy dishes as well as explaining the food science behind them. Students will also learn how to complete food science investigations and produce written reports using a variety of IT skills.

Year	What will students learn?	Rationale	How will students be assessed?	What links are made to the real world and possible future careers?						
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>Pupils are also taught food investigations at a more basic level to prepare them for the NEA work they will complete in subsequent years</p>	<p>There will be quizzes to test knowledge on SMHW at the end of each unit of learning'</p> <p>There will be end of unit test at the end of each unit</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>	<p>We develop the key cooking skills, essential for surviving in the real world, of; knife skills, hob cooking, grilling, oven baking, weighing & measuring, mixing & combining, shaping food, piping food, boiling & simmering, frying & stir frying, baking, preparing baking tins, adjusting cooking times, testing for readiness, making doughs/pastries/cakes, making sauces, rubbing-in, handling & cooking meat, using blenders, food processors & microwaves and other kitchen equipment.</p> <p>Pupils develop the ability to plan meals, both on a budget and to give appropriate nutritional value. As well as understand which nutrients are found in which foods and why they are needed for a healthy lifestyle.</p> <p>Pupils develop a strong understanding of food hygiene and apply this in all of their cooking to a level which would enable them to pass a basic food hygiene certificate.</p>						
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	<p>4. Food, Nutrition & Health – Macronutrients, micronutrients, diet related</p> <p>5. Food Preparation skills – meat & fish preparation, doughs, planning & dovetailing,</p>	<p>4. Food, Nutrition & Health – Eatwell Guide, macronutrients</p> <p>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>	<p>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>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>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>	<p>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 will be given to students.</p>	<p>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 will be given to students.</p>	<p>Pupils develop the ability to plan meals, both on a budget and to give appropriate nutritional value. As well as understand which nutrients are found in which foods and why they are needed for a healthy lifestyle.</p> <p>Pupils develop a strong understanding of food hygiene and apply this in all of their cooking to a level which would enable them to pass a basic food hygiene certificate.</p> <p>For the NEA’s we prepare pupils to be able to analyse tasks, research and produce written reports using word and excel to produce charts and graphs of their food science results as well as nutritional analysis programs. This teaches them the ability to communicate using a variety of different software and communication tools.</p>
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).</p> <p>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</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).</p> <p>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</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</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</p>	<p>We develop the key cooking skills, essential for surviving in the real world, of; knife skills, hob cooking, grilling, oven baking, weighing & measuring, mixing & combining, shaping food, piping food, boiling & simmering, frying & stir frying, baking, preparing baking tins, adjusting cooking times, testing for readiness, making doughs/pastries/cakes, making sauces, rubbing-in, handling & cooking meat, using blenders, food processors & microwaves and other kitchen equipment.</p> <p>Pupils develop the ability to plan meals, both on a budget and to give appropriate nutritional value. As well as understand which nutrients are found in which foods and why they are needed for a healthy lifestyle. Pupils develop a strong understanding of food hygiene and apply this in</p>



			<p>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.</p> <p>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>quizzes and tests and produce revision resources. This ensures the students are equipped with the K&U for their exam assessments.</p> <p>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>the exam board for the appropriate paper.</p> <p>Revisited knowledge will be assessed through end of unit testing and further practice exam questions.</p>	<p>the exam board for the appropriate paper.</p> <p>Revisited knowledge will be assessed through end of unit testing and further practice exam questions.</p>	<p>all of their cooking to a level which would enable them to pass a basic food hygiene certificate.</p> <p>For the NEA's we prepare pupils to be able to analyse tasks, research and produce written reports using word and excel to produce charts and graphs of their food science results as well as nutritional analysis programs. This teaches them the ability to communicate using a variety of different software and communication tools.</p>
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