



Food and Nutrition

“No one is born a great cook, one learns by doing.”

Julia Child

Purpose and Vision:

Food and Nutrition is a subject designed to inspire young people to practice the skills of cookery, learn the science of food and understand the principles of nutrition to enable them to pursue a career in this area or to be able to enjoy a healthy lifestyle throughout their life.

In Food and Nutrition, students gain a greater understanding of the food they eat, where it comes from and how to make healthier choices. They learn this through many practical cookery lessons as well as theory lessons which cover a wide range of topics. Students gain a real passion for food preparation and are proud to show off all the dishes they create, they are willing to try new ingredients and flavours and have the opportunity to express themselves in a creative way while gaining vital and valuable life skills.

KS3:

Students who choose Food and Preparation start their GCSE in year 9, this year provides them with the base knowledge they need for GCSE and teaches them the many practical skills needed in the kitchen. The topics covered include nutrition; which is a core principle revisited every year to build up the level of detail needed, health, safety and hygiene which is vital for students to be able to work safely in a practical setting and a healthy lifestyle topic gives the students the opportunity to understand how their food choices impact their lives now and later on.

KS4:

Students in KS4 follow the Food preparation and Nutrition GCSE with Eduqas. This course really develops the students’ knowledge of the science of food, students will carry out scientific experiments on food and observe and record their findings. The course is made up of 50% controlled assessment and 50% external exam, the controlled assessment is done in year 11 and a large element of this is practical skills.

Programme of Study:

Year 9					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
License to cook: Basic kitchen skills, introduction to nutrition.	International cuisine: Practical skills, special diets, nutrition.	International cuisine continued : The science behind food, sauces, environmental concerns,	Baking: Creating and designing cakes, pastries, fats and oils, raising agents, sugar.	Baking continued: The uses of eggs, dovetailing, costing and evaluating.	Bread: The science behind bread making, production lines.

		nutrition.			
Year 10 –Eduqas					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
License to cook: Basic kitchen skills, introduction to nutrition.	International cuisine: Practical skills, special diets, nutrition.	International cuisine continued : The science behind food, sauces, environmental concerns, nutrition.	Baking: Creating and designing cakes, pastries, fats and oils, raising agents, sugar.	Baking continued: The uses of eggs, dovetailing, costing and evaluating.	Bread: The science behind bread making, production lines.
Year 11-Eduqas					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Coursework 1: The food investigation assessment	Coursework 1 continued: The food investigation assessment, revisit nutrition, food processing, manufacture	Coursework 2: The food preparation assessment	Coursework 2 continued: The food preparation assessment, revisit nutrition, methods of cooking, the science of food.	Revision: all topics revised, exam questions practiced.	Revision and exam preparation