

Food

Intent

The curriculum is designed for pupils to experience a broad use of practical skills in the food environment and also to develop their knowledge in the storage, use of, production and manufacture of food products and health and safety.

Lessons are appropriate to the age range, with key stage 3 experiencing a high proportion of practical lessons with occasional theory. Year 9 opt to take food, so the lessons become more theoretical to experience the development into GCSE food. Year 10 and 11 expectations are levelled at the higher end of GCSE.

Pupils learn life skills related to food.

To be able to demonstrate good theoretical and practical, health and safety in the use of food products, safe practice skills in a standard home kitchen but also awareness of outside agency kitchens, eg restaurants, hospitals schools, and the manufacture and production of food.

An awareness of moral and social issues related to food and their contribution to wider society and in some instances the Christian ethos of the school.

To obtain the Health and hygiene award in food level 1 or 2, (St Bede's food award /passport)

Knowledge and skills to complete a GCSE Food Preparation and Nutrition.

Year 7 and 8

Full immersive independent work learning in predominantly in practical lessons- skills based, Subject Skills organiser (SKO) theory. Group based experiences happen in year 8.

Year 9 independent practical skills based and small group work (Larger group projects) with some conversion to theory based work and science research /investigative work

Year 10 consolidate and extend practical skills, broaden theoretical knowledge, research based scientific food practicals.

In year 11 the NEA includes pupil's extension of independent production of food and food science.

Experiences include experiential trips, visiting speakers and chefs/butchers.

Implementation

The subject is covered in key stages 3 and 4.
Year 7, one lesson a fortnight (one hour)

Year 8, carousel of 17 lessons in rotation with Design and technology (one double one single)

Year 9, 3 lessons per fortnight (one hour lessons)

Year 9 independent practical skills based and small group work (Larger group projects) with some conversion to theory based work and science research /investigative work

Year 10; 5 lessons over a fortnight (one hour lessons)

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Food Preparation and Nutrition Written examination

1 hour 45 minutes 50% of qualification.

Non-examination assessment (NEA)

Internally assessed, externally moderated Assessment 1: 8 hours

Assessment 2: 12 hours 50% of qualification

NEA 1: The Food Investigation Assessment A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.

NEA 2: The Food Preparation Assessment Prepare, cook and present a menu which assesses the learner's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food.

Year 10 and year 11, 5 lessons over a fortnight (one hour lessons)

Curriculum delivery

- Pupils are made aware of Health and safety (such as cleaning and storage of ingredients and cooked dishes, allergens),

resourcing practical work (such as shopping) and maintenance of equipment.

- Demonstrating good practice for food storage, handling, preparing, cooking and serving food and drinks, including the safe use of equipment.
- Teachers conduct spot demonstrations, individual support, group discussion review and tasting.
- Teachers use effective strategies for the safe use of high, medium and low risk ingredients and equipment in the classroom, considering the management of the size of the group activity, positioning and number of equipment, supervision level required, appropriate selection of ingredients and equipment for ability.
- We ensure safe and successful dishes for all pupils, and differentiation and individual progress.
- Effective strategies are used for getting pupils ready to cook, increasing their independence and decision-making skills.
- Teachers allow pupils choice and personalisation of cooking activities, encouraging independence and decision-making skills. Organise safe and successful sensory evaluation processes and sessions
- Current healthy eating advice is taught, and understanding of people's needs, to develop diets for different individuals.
- Teachers define and demonstrate how to apply the principles of nutrition; that food and drinks provide energy and nutrients in different amounts; that they have important functions in the body.
- Understand that people require different amounts during their life and the implications of dietary excess or deficiency.
- Pupils know the importance of energy balance and how to maintain a healthy weight throughout life. Teachers demonstrate how to analyse a diet and make improvements, and perform nutritional analysis and use the results to plan recipes, meals and diets. We promote the benefits of a healthy diet and active lifestyle.
- Pupils are given the opportunity to acquire all skills and techniques and we provide them with guidance towards researching areas and gaining investigation skills.
- Formative assessments are arranged throughout the year through verbal feedback. Summative assessments are introduced in the form of the pupils Subject Knowledge Organisers.

Impact

- By the end of Key stage 3, pupils will be equipped with the knowledge, understanding and skills required to cook and apply basic principles of food science, nutrition and healthy eating. Pupils will be able to cook, and make informed decisions about food and which allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.

- Pupils will gain a GCSE in Food Preparation and Nutrition
- The GCSE course builds on subject content which is typically taught at Key Stage 3 and provides a suitable foundation for the study of WJEC Level 3 Food, Science and Nutrition, and other food-related courses at either AS or A level. In addition, this specification provides a coherent, satisfying and worthwhile course of study for learners who do not progress to further study in this subject.
- Food Preparation and Nutrition will enable learners to make informed decisions about a wide range of further learning opportunities and career pathways.