



Food Curriculum Intent

What do students study for each Key Stage?

Key Stage 3: Food

- Health and Safety in the Kitchen
- Bacteria and Food Poisoning
- Healthy Eating - Eatwell Guide, Dietary Guidelines, Nutrition
- Special Dietary Needs - Coeliac, lactose intolerant, Vegetarians.
- Food Provenance - where does are food come from?

Key Stage 4: AQA GCSE: Food Preparation and Nutrition

- Food, nutrition and health - Macronutrients, Micronutrients, Nutritional needs and health.
- Food science - Cooking of food and heat transfer, Functional and chemical properties of food.
- Food safety - Food spoilage and contamination, Principles of food safety.
- Food choice - Factors affecting food choice, British and international cuisines, Sensory evaluation.
- Food provenance - Environmental impact and sustainability of food, Food processing and production.

Key Stage 5: WJEC Diploma in Food Science and Nutrition

- Meeting nutritional needs of specific groups
- Ensuring food is safe to eat
- Current issues in food science and nutrition

What we think is important about our subject?

Learning how to cook is a crucial life skill. We hope to inspire a lifelong interest in food and healthy eating, and to equip students with the skills they need to feed themselves and others throughout their life. Students learn a wide range of practical skills and develop their confidence to cook independently.

An understanding of food science and nutrition is relevant to many industries and job roles. Care providers and nutritionists in hospitals use this knowledge, as do sports coaches and fitness instructors. Hotels and restaurants, food manufacturers and government agencies also use this understanding to develop menus, food products and policies that that support

healthy eating initiatives. There are many employment opportunities within the field of food and nutrition.

Pupils will be taught to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients.

The Curriculum

At Key Stage 3 all students will attend food lessons, in year 7 they will have two timetabled lessons per fortnight and in years 8 and 9 there will be one lesson per fortnight. The main focus of the lesson will be on the practical element and students will be introduced to skills that can be further developed through key stage 4. The students will be split into 10 groups, by English or Maths sets.

At key stage 4 and 5 food will be one of the option subjects. In key stage 4 we follow the AQA GCSE Food Preparation and Nutrition and at key stage 5 WJEC Level 3 Food Science and Nutrition. Key stage 4 students will have 5 lessons per fortnight and key stage 5 9 lessons.

What are your assessments?

- Baseline test at the start of key stage 3 to test prior knowledge from key stage 2.
- Key stage 3 will have two formal written assessments to assess theoretical knowledge, as well as a range of small tasks to check learning. There will be also assessment of the practical skills which will focus on the process, independence, health and safety and the production of a quality outcome.
- At key stage 4 there will be End of unit assessments throughout the curriculum, as well as mock examinations to track pupil progress and assess pupil's theoretical knowledge. In year 11 students will complete the non-examined assessment which will form part of the final GCSE grade. The two controlled assessments will be issued by AQA. NEA 1 will be available from the 1st September to be completed by 1st November. NEA 2 will be available from 1st November to be completed by the end of February. Together they will make up 50% of the course.
- At key stage 5 students will have regular written assessment to check learning. They will also complete mock assessment in preparation for the non-examined assessment.