



## Food Curriculum Intent

### Hilbre High School

#### 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*
- *Special Dietary Needs - Coeliac, lactose intolerant, Vegetarians.*

##### Key Stage 4: Food

- *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.*

#### 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.*

*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, this will be one lesson per fortnight for the whole year. 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.*

*At key stage 4 food will be one of the option subjects.*

### What are your assessments?

#### Year 7:

*Four written assessments:*

- *Baseline Testing - Understanding of hygiene and Safety*
- *End of Term 1 Exam - Hygiene and Kitchen Safety*
- *End of Term 2 Assessment - Food Poisoning and Temperature Control*
- *End of Year Exam - Testing all material covered*

*In addition four pieces of practical work will be teacher assessed to combine with written assessment.*

- *Scrambled Egg on Toast*
- *Small Cakes - creaming*
- *Vegetable Preparation - Knife Skill*
- *Raspberry Buns - Rubbing In*

#### Year 8:

*Four written assessments:*

- *Assessment 1: Healthy Eating*
- *End of Term 1 Exam - Healthy Eating (past exam question/data interpretation)*
- *End of Term 2 Assessment - Specific Dietary Needs*
- *End of Year Exam - Testing all material covered*

*In addition four pieces of practical work will be teacher assessed to combine with written assessment.*

- *Bolognese Sauce/Chilli con carne*
- *Macaroni Cheese - Sauce Making*
- *Victoria Sandwich - creaming*
- *Sweet or Savoury Pie - Shortcrust Pastry*

#### Key Stage 4

*Each half term will have several assessment based on past exam questions and a formal written exam will be completed at the end of each half term. The test paper as well as focussing on that terms subjects will also have a section for previous knowledge.*

*Each term will also have a focus for practical skills and at least one practical will be assessed.*

**Year 9:-**

- *Half Term 1 - Macronutrients*
- *Half Term 2 - Micronutrients*
- *Half Term 3 - Energy and Water*
- *Half Term 4 - Nutritional Needs of Individuals*
- *Half Term 5 - End of Year Assessment*
  
- *Half Term 1 - Cake/biscuit making*
- *Half Term 2 - Pastry Making*
- *Half Term 3 - Bread Making*
- *Half Term 4 - Sauce Making*
- *Half Term 5 - Function of Egg*
- *Half Term 6 - Practical Exam*

**Year 10:-**

- *Half Term 1 - Food Safety - Food Spoilage and Contamination. Principles of Food Safety*
- *Half Term 2 - Food science - Cooking of food and heat transfer*
- *Half Term 3 - Food science - Functional and chemical properties of food.*
- *Half Term 4 - Food Choice - Factors Affecting Food Choice*
- *Half Term 5 - End of Year Assessment.*
- *Half Term 6 - Food Choice - British and international cuisines, Sensory evaluation.*
  
- *Term 1 - Practise NEA 1*
- *Term 2 and 3 - Practise NEA 2*

**Year 11:-**

*The two controlled assessments will be issued by AQA. NEA 1 will be available from the 1<sup>st</sup> September to be completed by 1<sup>st</sup> November. NEA 2 will be available from 1<sup>st</sup> November to be completed by the end of February. Together they will make up 50% of the course.*

