

# GCSE Food Preparation & Nutrition

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**Curriculum Intent:** The preparation and consumption of food offers a sensory experience that is unrivalled. Preparing and sharing cooked dishes is one of the greatest expressions of human creativity, we seek to instil a love of cooking in our students that will open their door to that experience. Learning how to cook is a crucial life skill that enables our students to feed themselves and others affordably and well, now and in later life. Engaging with a Food curriculum enables students to broaden their horizons and offers them a greater understanding of the world in which we live. Students are taught to develop Food knowledge, understanding and skills in preparing for being 21<sup>st</sup> century citizens. The Food curriculums at TSAT are designed to create learning that may lead to career opportunities. Skills and training are a high priority in giving A Level of life choices and life chances to the students in the TSAT area. Using creativity and learned skills, students apply their knowledge to solve real and relevant problems within a variety of contexts. Students learn how to take risks, becoming resourceful, creative, imaginative and capable citizens. High-quality Food education makes an essential contribution to the creativity, culture, wealth and well-being of the nation.

We share our knowledge of:

- **Food Nutrition** - Develop an understanding of the principles of nutrition and healthy eating to make positive food choices.
- **Food Science** - Develop a scientific understanding of the properties of food and their chemical changes during preparation and cooking.
- **Food Choice & Provenance** - Learning about the principles of 'farm to fork' and provenance whilst demonstrating an understanding of the dietary requirements in different countries, cultures, and cuisines.
- **Food Safety** - Understand the risks involved with the storage, preparation, and cooking of foods, having fun whilst staying safe.
- **Cooking with Knowledge and Skill** - Preparing food products and meals in response to individual demands using traditional & contemporary cooking techniques.

## Core Knowledge

### Topics:

#### Food, Nutrition & Health

- Macronutrients.
- Micronutrients.
- Nutritional Needs and Health.
- Nutritional Analysis.

#### Food Science

- Cooking Food and Heat Transfer.
- Functional & 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 Analysis.

#### Food Provenance

- Environmental Impact & Sustainability of Food.
- Food Processing and Production.

## Procedural Knowledge

### Students will:

- Skill 1: General practical skills.
- Skill 2: Knife skills.
- Skill 3: Preparing fruit and vegetables.
- Skill 4: Use of the cooker.
- Skill 5: Use of equipment.
- Skill 6: Cooking methods.
- Skill 7: Prepare, combine and shape.
- Skill 8: Sauce making.
- Skill 9: Tenderise and marinate.
- Skill 10: Dough.
- Skill 11: Raising agents.
- Skill 12: Setting mixtures.

## Homework:

Homework will be used to extend or consolidate the work carried out in class. Homework may not always be written tasks but could involve preparation for practical lessons, watching TV programmes, or reading about current trends in newspapers and magazines. If no formal homework has been set, it is expected that students should be revisiting class notes to consolidate their knowledge and understanding. During coursework assessment students may attend lunchtime sessions to complete tasks under supervision. Regular practical application is to be carried out at home to enhance classroom practice by developing speed, precision and confidence when working with different foods and equipment.

**Assessment:**

Food Preparation and Nutrition is assessed through tasks set by the exam board under controlled conditions within the classroom and a terminal exam taken in the second year of the course. The course is delivered in a modular fashion where students learn individual assessment objectives over a series of weeks followed by an end of topic test to check their learning. Some tests may be self or peer assessed depending on the nature of the questions, whilst others will be teacher-marked. Past examination questions are used during Y10 and Y11 to support students' preparation for the real exam experience.

In Y11 students will be asked to complete two pieces of non-exam assessment which will make up 50% of their total grade.

- **NEA1** (15%) is a Food Investigation Report which shows students' understanding of the functions of ingredients. Students will apply the knowledge they have acquired during the Y10 Food Science module.
- **NEA2** (35%) is a Food Preparation Assessment which will include a skills test, a 3-hour practical exam and a 20-page portfolio of research, evidence and analysis.

These assessments will include practical exams underpinned by written research, analysis and evaluation.

**Links to Personal Development:**

Careers include - Food Scientist, Food Product Developer, Dietician, Nutritionist and within the Hospitality & Catering sector.

Principles of healthy eating and nutrition delivered to develop understanding of physical and mental health.

Understanding risks to personal wellbeing through healthy eating.

Understanding risks to personal wellbeing through food safe practices.

Cultural development achieved through delivering the factors which effect food choice.

British values delivered throughout all practical experiences.

Resilience developed by providing a safe space for taking academic and practical risks.

**How is my knowledge developed further at Key Stage Five?**

The department offers a Level 3 Diploma course called Level 3 Food Science & Nutrition