



Key Stage 2

Pupils should be taught a basic understanding of healthy eating. They should be able to know the difference between a food that is healthy and unhealthy.

Pupils should have a basic understanding of some nutritional promotions e.g. 5 a day campaign and dental caries.

Pupils may have some practical skills when they arrive in Year 7—this tends to vary between primary schools and often is introduced at home.

Key Stage 3

Pupils should be given the opportunity to use equipment, ingredients and follow recipes.

They should 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

Year 7

Introducing the World of Food! - 20 week carousel

- Introducing Food Preparation and Nutrition, exploring varying degrees of the subject at Key Stage 2.
- Practically, developing basic skills safely. Becoming familiar with rules, kitchen and the equipment.
- Theory lessons include the basis of healthy eating, using the principles of the Eatwell Plate and 5 a day. Pupils will also learn about the basis of sustainability within the food industry.
- Pupils will complete mini experiments, which will help with understanding the functional properties of some food groups

Cultural Exposure: Media exposure of the food industry headlines.

Assessment Progress tracker completed each half term in books.

- Summative: One practical assessment.
- Formative: Literacy marking, Flashmarking (peer/self/teacher), modelling

Year 8

Exploring the World of Food—20 week carousel

- Building on the skills developed in Year 7.
- Practically, more challenging skills are applied, including making a roux sauce and using high risk foods safely.
- Theory lessons develop the understanding in Year 7. Pupils will be expected to apply the basics of nutrition to different groups and foods.
- Pupils will complete mini experiments, based on the Food Science topic. These will be completed in smaller groups, with less adult guidance and eventually individually.

Cultural Exposure: pupils will be invited to attend Cookery club, by Fit4Life Team—after-school, one night a week for a half term

Assessment Progress tracker completed each half term in books.

- Summative: One practical assessment.
- Formative: Literacy marking, Flashmarking (peer/self/teacher), modelling

Year 9

Food? What's it all about?—20 week carousel

- A focused look at nutrition where knowledge is applied. Application through media of food stories. This changes depending on current news articles. Pupils explore the topics currently making the headlines and look to understand the basis of the claim. Pupils also look at food labels in an attempt to understand the label, have knowledge on what is required by law and what is added as a sales ploy.
- Pupils gain an understanding of 2 key words used throughout subject – Gelatinisation and Coagulation. Linked to Food Science .
- Practically, challenging skills are applied – bread and short-crust pastry.

Cultural Exposure: pupils from this year group will be invited to assist with transition—open evening, taster days etc,

Assessment Progress tracker completed each half term in books.

- Summative: One practical assessment.
- Formative: Literacy marking, Flashmarking (peer/self/teacher), modelling

Year 10

Eduqas Food Preparation and Nutrition

Term 1

Theory is 50% of the overall grade. Pupils will study Principles of Nutrition and Diet and Health. They will be assessed using past paper questions.

NEAs / Practical work is 50% of overall grade—pupils will complete the following; Roux sauce e.g. lasagne Emulsion e.g. salad dressing Chilled dessert e.g. pannacotta Reduction sauce e.g. curry Eggs to coagulate e.g. quiche. Shortening e.g. shortcrust pastry Testing for readiness e.g. burgers Glazing e.g. Sausage Rolls Food Styling Practice - Savoury and Sweet.

Term 2

Theory is 50% of the overall grade. Pupils will study Food Science and Where Food Comes From. They will be assessed using past paper questions.

NEAs / Practical work is 50% of overall grade—pupils will complete the following; Pupils will develop their skills by choosing from a bank of recipes which will be differentiated based on MEGs and practical abilities.

Term 3

Theory is 50% of the overall grade. Pupils will complete home-learning based on the 5 key topics.

NEAs / Practical work is 50% of overall grade—pupils will complete mock NEAs and will be given feed back / modelled work in preparation for Y11. Pupils will get to choose what NEAs to complete similar to the Y11 format. The theme choices will be chosen by the teacher based on the cohort of pupils.

Cultural Exposure: This will vary depending on the theme students have chosen.

Assessment Progress tracker completed each half term in books

- Summative: Practicals assessed throughout NEAs. Half termly written assessments.
- Formative: Literacy marking, Flashmarking (peer/self/teacher), modelling

Year 11

Eduqas Food Preparation and Nutrition

Term 1

At this time the theme for NEA1 is released by exam board. Pupils complete this independently in exam conditions.

For 1 week prior they will have the opportunity to familiarise themselves with last year's mock before they choose their own theme.

They will continue with their theory work based on gaps in their learning derived from Y10 assessments. They will also complete home-learning to keep up with theory.

Term 2

At this time the theme for NEA2 is released by exam board. Pupils complete this independently in exam conditions.

For 1 week prior they will have the opportunity to familiarise themselves with last year's mock before they choose their own theme.

They will continue with their theory work based on gaps in their learning derived from Y10 assessments. They will also complete home-learning to keep up with theory.

Term 3

This term is usually interrupted by exam season.

Theory lessons and revision is completed and determined based on gaps in knowledge.

Exam question practice and structure is key—particularly the structure of longer questions.

Cultural Exposure: This will vary depending on the theme students have chosen and that released by the exam board.

Assessment Progress tracker completed each half term in books

- Summative: Practicals assessed throughout NEAs. Half termly written assessments.
- Formative: Literacy marking, Flashmarking (peer/self/teacher), modelling
- Marks sent to moderator before May 5th.
- External moderation.