



Further Study

Apprenticeships



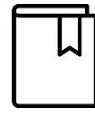
Employment

?

... and Beyond.

Food Preparation and Nutrition Learning Journey

THEORY
PRACTICAL
EXPERIMENT
ICT
CONTROLLED
ASSESSMENT



Revision / Revisiting

Food Processing

Answer Structure

Practical Assessment

NEA 2

Recipe Trials

Written GCSE Exam – 50%

Controlled Assessment – 50% (2 Pieces)



Fats – nutrition and function

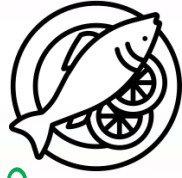
Mock NEA2

Filleting

Special Diets

Answer Structure

Sustainability



Eduqas Food Preparation and Nutrition

11

Food Choice

Food Production

NEA1

Individual Experiments

10

Building foundations for GCSE

Filleting

Carbohydrates – nutrition and function

Mock NEA1

Choux



Protein – nutrition and function



Short-crust

The Media and Food

Gelatinisation

Allergies and Intolerance

Melting Method

Health and Safety

Thickening agents

Coating

Vegetarianism and function

Time-plans



Food? What's it all about?

9

Coagulation

Bread

Raising Agents

Recipe Planning

8

Exploring the World of Food!



Types of Fat

Roux Sauce

Viscosity

Types of Sugar

Religion

Cake making

High Risk Foods



Health and Safety

Bridge Hold

Eatwell Plate

Raising Agents

Food Miles

Sustainability

Claw grip

Shortening



Introducing the World of Food!

7

Curriculum Aim- To create pupils who have a vast knowledge and understanding of Food and Nutrition. Pupils should be confident in their cooking abilities and have the ability to cook nutritionally balanced meals which can be adapted to suit the needs of certain individuals.

Key Stage 2 and Transition

Outline of Yearly Learning for Food Preparation and Nutrition

Year 11

- **Eduqas Food Preparation and Nutrition**
- September – NEA1 completed under controlled conditions. 8 hours to research, plan and analyse experiment results.
- November – NEA 2 completed under controlled conditions. A maximum of 12 assessment hours for this assessment to include a 3 hour practical session to prepare, cook and present the dishes. This allows 9 hours for the completion of the research, planning, testing and trialling and evaluation to be taken in sessions.
- Summative Assessment once per term with answer structures assessed formatively once every half term.
- Revision and revisiting areas at pupil and teacher’s discretion.
- Practice exam questions – particular focus on 8 marks + as this is notoriously what pupils find most difficult.

Year 10

- **Building Foundations for GCSE**
- Eduqas Food Preparation and Nutrition
- Theory is taught one lesson per week.
- Summative Assessment once per term with answer structures assessed formatively once every half term.
- Skills developed are: filleting, choux pastry, setting mixtures, food styling, glazing, coating, meringue, jamming
- Pupils will complete a mock NEA1 and NEA2 to use when completing controlled assessment in September of Y11. This is assessed formatively. ICT skills will be build upon during these tasks.

THEORY TOPICS:
Principles of Nutrition
Food as Commodities
Cooking and Food Preparation
Where Food Comes from
The Science of Food

Year 9

- **Food? What’s it all about?**
- A focused look at a number of 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 the subject – Gelatinisation and Coagulation. Linked to Food Science.
- Practically, challenging skills are applied – bread and short-crust pastry.
- **ASSESSMENTS**
- Summative: One practical assessment.
- Formative: Literacy marking, Flashmarking (peer/self/teacher), modelling
- 20 lessons across the year, to include theory, practical and experiment lessons.

Year 8

- **Exploring the World of Food!**
- 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 area of specification. These will be completed in smaller groups, with less adult guidance and eventually individually.
- **ASSESSMENTS**
- Summative: One practical assessment.
- Formative: Literacy marking, Flashmarking (peer/self/teacher), modelling
- 20 lessons across the year, to include theory, practical and experiment lessons.

Key stage 3 – carousel structure. Pupils study Food Preparation and Nutrition for 20 weeks of the year and the other half of the year is spent in Resistant Materials

Year 7

- **Introducing the World of Food!**
- 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, based on the Food Science topic, which will help with understanding the functional properties of some food groups.
- **ASSESSMENTS**
- Summative: One practical assessment.
- Formative: Literacy marking, Flashmarking (peer/self/teacher), modelling
- 20 lessons across the year, to include theory, practical and experiment lessons.