

## Food Preparation and Nutrition – Key Stage 3

### Intent:

At the Featherstone Academy we have a Food and Nutrition Curriculum that aims to develop not only a love of cooking but also the essential understanding of how food is produced and the vital role it plays in lifelong health and wellbeing.

As a team we aim to arm the students with the skills required to confidently create and produce high quality, exciting and nutritionally balanced meals that are well presented. Our approach is holistic in that we teach the students about the journey of the food they eat food from farm to plate – and all the stages in-between.

The Food curriculum aims to extend the food knowledge of students, to encourage them to always try new and exciting dishes, understand eating for good health and have solid knowledge foundations for further study and careers in the Food Production and Preparation Industries.

Be assured all food needs of our students are considered and alternative ingredients are offered where dietary needs become a factor. For example – Nut free environment - whole class nut free cooking will be maintained if required. Gluten dairy and meat free can all be managed on an individual basis when requested.

We have safe food storage facilities for incoming ingredients and high risk finished products.

### Implementation:

In Y7 we start from scratch – introducing students to kitchen hygiene and safety, the basic food groups, and planning and preparing dishes from fresh ingredients along with the skills needed to cook them well. For many of our students this is a brand-new experience.

In Y8 we build on Y7 practical Food Prep knowledge, and we introduce Food Provenance and Food Science. Experimenting with foods is usually challenging but always fun for the students.

Our Y9 Pre GCSE curriculum is once again very practical based with an in depth focus on the Science of how ingredients work in a recipe. This ingredient knowledge extends prior nutrition learning and begins to prepare students for the academic rigour of the GCSE written exam paper.

We deliver the AQA Food preparation and Nutrition GCSE. This course has a high practical element – including a Masterchef style practical exam where students plan, prepare and present 3 dishes – with a high octane 3-hour session to complete the chosen dishes.



Term	Year 7			Year 8			Year 9		
	Topic	Knowledge	Skills/Assessment	Topic	Knowledge	Skills/Assessment	Topic	Knowledge	Skills/Assessment
Term 3							<b>Completion of the British foods project.</b>	Final outcome will be an assessed portfolio style project.	Extend practical skills – Practice - Plan Prepare and Present a 2 course meal in 2 hours.
							<b>Food Science</b>	<p>Introduce a science based food study.</p> <p>Investigate the impact of different chemical raising agents on a product.</p> <p>Design and conduct a series of experiments.</p> <p>Students may choose – scone, cake or biscuit.</p>	Learn the science behind baking powder and other raising agents. The impact they have on products and investigate and conclude how best to use them.

## Food Preparation and Nutrition – Key Stage 4

### Intent:

At KS4 students, now equipped with solid foundations of the tools for success in the Food Preparation kitchen, are given the opportunity to choose to study AQA Food Preparation and Nutrition GCSE. We believe this specification gives our students the best opportunity to learn and demonstrate solid practical skills alongside the knowledge application for life and further study.

Within this learning context we promote the role of Food in the world of work and show the impact they have on the economy and exciting future learning and career opportunities to be had.

### Implementation:

Students are guided in a bespoke fashion to build portfolios of their work and to talk with pride about their produce and love of Food.

We have a 1 year GCSE Qualification open to Y10 and Y11 students - 6 lessons per week.

We currently await news from the exam board re changes to the style of the GCSE to adjust for the impact C19 had on the learning opportunities of our students. We envisage a return to normal specification for the 2023 Cohort.

The structure will be: NEA 1 – Food Science Investigation 15% of final grade  
NEA 2 – Food Prep and Nutrition student led project – including 3 hour practical exam. 35% of Final grade  
Externally set terminal exam paper. 50% of final grade.

**NOTE: AT THIS DATE THIS DOCUMENT WILL BE UPDATED FOR EXAM BOARD CHANGES REVISION / EXAM PREP PURPOSES.**

Term	Year 10/11 – One Year GCSE - Food Preparation and Nutrition		
	Topic	Knowledge	Skills/Assessment
Term 1	Food Preparation Skills	<p>Safe food handling will be re- capped and written assessment will take place.</p> <p>Students will be introduced to the 12 key skills of food Prep. Be able to explain them and identify where they are used in a dish.</p>	<ul style="list-style-type: none"> <li>- Ensuring students have a solid understanding of safe food practices.</li> <li>- Demonstrate solid skills in the kitchen. Produce dishes demonstrating key food prep skills:</li> <li>- Bread, pastries, pasta, cake, sauces. Prepping vegetables, safe use of meat and some high level skills – e.g skinning and deboning fish and chicken.</li> </ul> <p>The opportunity to learn and practice these skills will be given.</p>
	NEA1 - Food Investigation task. 30 Marks	<p>AQA release the titles of the assessment 1<sup>st</sup> Sept.</p> <p>Students have 4 weeks to produce a 2000 word portfolio of evidence answering the task.</p>	<ul style="list-style-type: none"> <li>- Students will research the task and write conclusions to the research.</li> <li>- Design 4 experiments with sound hypothesis to test</li> <li>- Undertake the experiments and write their conclusions</li> <li>- Submit their final NEA1 portfolio for assessment.</li> </ul>
	Re-cap the skills of presenting research, planning and evaluating dishes.	<ul style="list-style-type: none"> <li>- Taught input via a mini mock research task – designing nutritional meals for children.</li> <li>- 2 weeks to present research and 2 dishes</li> </ul>	The project will be assessed using NEA2 criteria to raise the skill levels of students prior to undertaking NEA2.
	NEA 2- Food Preparation Assessment 70 Marks	<p>Titles of projects are released 1 November.</p> <p>Students produce a 20 page portfolio of evidence.</p> <p>Including:</p> <ul style="list-style-type: none"> <li>- Research</li> </ul>	Students will have access to ICT resources to produce the best evidence they can for submission to the Exam Board.
	MOCK WRITTEN EXAM	Time will be set aside for formal revision for the first mock exam paper.	Formal assessment according to Academy Calendar.
Term 2	NEA 2 ctd	<ul style="list-style-type: none"> <li>- 4 Skills based dishes will be presented and documented</li> <li>- Planning and Preparation for final dishes</li> </ul>	<ul style="list-style-type: none"> <li>- Evidence the skills of evaluating, understanding the provenance, function and nutritional values of the ingredients used.</li> </ul>
	PRACTICAL EXAM 30 Marks	<p>The final Practical exam.</p> <p>Prepare and Present 3 dishes in 3 hours.</p> <p>Written evaluation of final dishes and conclusion to the NEA.</p>	<ul style="list-style-type: none"> <li>- Assessed using AQA criteria. Photographic evidence used in portfolio.</li> </ul> <p>Maximum 20 pages submitted for assessment.</p>

Term	Year 10/11 – One Year GCSE - Food Preparation and Nutrition		
	Topic	Knowledge	Skills/Assessment
	Food Theory for the Written exam.	<p>Knowledge organisers and practice questions in the following subject areas:</p> <ul style="list-style-type: none"> <li>- Food Nutrition and health</li> <li>- Food science</li> </ul>	<p>Key questions, research tasks, text book and teacher input will be used. Alongside homework tasks and online learning via the Seneca learning platform.</p> <p>Including: Nutritional needs and health, functions of nutrients, lifelong dietary requirements,</p> <p>Key functions: Why food is cooked, heat transfer, cooking methods, chemical properties of foods, nutritional analysis, current guidelines.</p>
Term 3	Theory Course Completion	<ul style="list-style-type: none"> <li>- Food Safety</li> <li>- Food choice</li> <li>- Food Provenance</li> <li>- Food Prep and Cooking techniques</li> </ul>	<p>Including: spoilage and contamination, safe food storage, risk</p> <p>Including: factors effecting choice - PAL, enjoyment, income, time, skill to prepare Physical and psychological needs through life.</p> <p>Food sources, organic, free range intensive farming. Seasonal availability and sustainability. Environmental impact – carbon footprint and food charities.</p> <p>New technologies, spotting and correcting errors in cooking processes and outcomes.</p>
	Revision and further exam Prep.	NOTE: The Food Prep exam is usually very late in the exam series.	