

Food Preparation & Nutrition

Food preparation & nutrition is an area of study that focuses on planning, designing and creativity. The subject gives all students the opportunity to learn how to make nutritious meals and dishes, adapt recipes and discover new ingredients. This subject is one of the most progressive on the national curriculum, mainly due to the developments in nutrition and the rapidly changing world we live in. Nutrition is having an impact on the whole planet and we need to prepare our students for the developments they will encounter. Food preparation and nutrition students develop an understanding of nutrition, nutritional needs at all life stages, special diets, moral and ethical issues, international cuisine, food safety and hygiene, food choice, food provenance and food science. They also develop critical skills in preparing and cooking dishes.

Food preparation and nutrition teaching is limited at Key Stages 1 and 2. At Cornwallis Academy, we teach students who have very limited knowledge and experience. Throughout the Key Stage 3 course (Years 7 – 9), we aim to get all students to a basic level of knowledge by helping them to be more creative, resilient, work independently & in groups, and develop problem solving skills. These skills are transferable to other subjects and are all skills which will assist these children as they progress through the school and onwards.

In both Key Stages 3 and 4, students develop practical skills, creative skills and a knowledge of nutrition and cooking that will help prepare them for other academic subjects and their future. The course helps students to be more considerate of environmental impacts and the technological changes in the world they will encounter. Students are encouraged to work independently, develop practical cookery skills and understand the process of nutrition. The Key Stage 4 Food Preparation & Nutrition course helps to develop some of the important skills, techniques and knowledge required for those students who intend to progress onto the next key stage. The course also develops the skills to lead into apprenticeships or specific college courses that focus on practical and creative skills.

Throughout Key Stage 4, we intend to deliver a wide curriculum giving students the chance to explore different areas of Food, preparation and nutrition. The students develop and practise new skills and we aim to ensure that all students are confident in the following areas

- Help students to develop a variety of creative and practical skills through working with different ingredients and equipment.
- Gain an understanding of nutrition, cooking and evaluating with a range of materials.
- Develop scientific knowledge of ingredients and the chemical properties of ingredients.
- Give students the opportunity to learn skills in cookery and be able to cook a range of predominantly savoury dishes.
- Develop an understanding of nutrition and health.
- Learn different techniques and skills in the kitchen.
- Understand about ingredients, their source, seasonality and the characteristics of the ingredients.
- Help to prepare students for an increasingly changing world.
- Gain awareness and understanding of the following factors
 - Food, nutrition and health
 - Food science
 - Food safety
 - Food choice
 - Food provenance
 - Food preparation skills
- Further develop creative skills and techniques through, designing, making and evaluating.
- Prepare students to progress into apprenticeships or full-time careers in creative and practical industries.

Food preparation and nutrition is very different to other subjects. It focuses on so many different skills. Those who find creative subjects difficult can still excel in Food preparation and nutrition through the practical elements of the subject. Those who are creative can work more with designing and creating new dishes. The course develops students

to work both with function and form and our aim as a department is to help students to develop skills in both of these areas. The expectation is that all young people will be able to enjoy and succeed in the different areas of Food preparation and nutrition, regardless of their prior experience and their background.

Year 10 Food Preparation & Nutrition

Term One

What are the aims and objectives of this term?	Year 10 students have three lessons per week in Food Preparation & Nutrition. Normally this equates to two theory lessons per week and one practical lesson but this is fluid throughout the term. In Term 1, we aim to give students a good understanding and knowledge of the following topics: • Personal hygiene and food preparation • Microorganisms and food spoilage • Microorganisms and food production • Buying and storing food • Bacterial contamination • Food probes • Protein – function, sources, deficiency, excess and nutritional needs • Alternative protein • Protein complementation • Protein chemical properties • Evaluation of practical lessons • Characteristics of meat and fish
What previous knowledge is required?	Students will need some understanding of health and safety in a practical kitchen and the skills needed to use the tools and equipment safely and accurately. This will have been learnt in Key Stage 3. The theory content will be new to students but develops on learning from Key Stage 3 projects.
How will this term's content help with future learning?	The practical elements of this unit give students an understanding of different processes preparing them for their Non-Examination Assessment, but also for section B of the examination where they need to understand how ingredients work and why. The theory content of this course will help students to gain knowledge in preparation for all sections of the examination.
Resources	Students who wish to develop further knowledge on the areas of study covered in Year 10 Food preparation and nutrition can research areas on the link below: www.foodfactoflife.org.uk Seneca - Learn 2x Faster (senecalearning.com) GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize Home - British Nutrition Foundation Below are some of the videos that we use in this unit of work: https://youtu.be/bJ7uXScRTWw https://youtu.be/bJ7uXScRTWw There are a number of videos used in the online version of the textbook. Login Screen (illuminate.digital)
Links to the national curriculum/specification	GCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) • 3.4.1.1 Microorganisms and enzymes • 3.4.1.2 The signs of food spoilage • 3.4.1.3 Microorganisms in food production

	• 3.4.1.4 Bacterial contamination • 3.4.2.1 Buying and storing food • 3.2.1.1. Protein • 3.3.2.1 Functional and chemical properties of Proteins
Assessments	Students will have a formal assessment in week 4 of the term. This is an assessed piece of work based on bacterial contamination. Students receive feedback on their work and are given the opportunity to improve their work and grade in week 5. Students receive homework weekly. One of these is formally assessed. Students will be assessed on their practical work, their accuracy and finish and their use of the correct tools and equipment. Students will also have an end of term test to assess their recall knowledge of recently learnt topics.
Term Two	
What are the aims and objectives of this term?	In Term 2, we aim to give students a good understanding and knowledge of the following topics: • Gluten formation • Foam formation • Microorganisms in food production • Why food is cooked and cooking methods • Carbohydrates – function, source, deficiency, excess and nutritional needs • Energy balance and PAL • Carbohydrates chemical properties • Heat transfer • Evaluation of practical lessons • Food production – primary processing
What previous knowledge is required?	Students will need some understanding of health and safety in a practical kitchen and the skills needed to use the tools and equipment safely and accurately. This will have been learnt in Key Stage 3 and Term 1 of Year 10. The theory content develops on learning from Key Stage 3 projects.
How will this term's content help with future learning?	The practical elements of this unit build upon students understanding of different processes preparing them for their Non-Examination Assessment but also for section B of the examination where they need to understand how ingredients work and why. The theory content of this course will help students to gain knowledge in preparation for all sections of the examination.
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Links to the national curriculum/specification	GCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) • 3.4.1.3 Microorganisms in food production • 3.3.1.1 Why food is cooked and how heat is transferred to food • 3.3.1.2 Selecting appropriate cooking methods • 3.2.1.3 Carbohydrates • 3.3.2.2 Functional and chemical properties of Carbohydrates • 3.6.2 Food processing and production
Assessments	Students will have a formal assessment in week 3 of the term. This is an assessed piece of work based on carbohydrates, function, source, deficiency, excess and nutritional needs. Students receive feedback on their work and are given the opportunity to improve their work and grade in the last lesson of week 3. Students receive homework weekly. One of these is formally assessed. Students will be assessed on their practical work, their accuracy and finish and their use of the correct tools and equipment. Students will also have an end of term test to assess their recall knowledge of recently learnt topics.
Term Three	
What are the aims and objectives of this term?	In Term 3, we aim to give students a good understanding and knowledge of the following topics: • Fats – function, sources, deficiency and excess • Mini NEA 1 investigation, analysis and evaluation • Chemical properties of fats and oils • Modification of high fat recipes • Aeration and raising agents • Yeast experiments • Minerals – function, sources, deficiency and excess • Diet, nutrition and health • Vitamins – function, sources, deficiency and excess • Evaluation of practical lessons • Enzymic browning and oxidation
What previous knowledge is required?	Students will need some understanding of health and safety in a practical kitchen and the skills needed to use the tools and equipment safely and accurately. This will have been learnt in Key Stage 3 and Terms 1 and 2 of Year 10. The theory content develops on learning from Key Stage 3 projects.
How will this term's content help with future learning?	The practical elements of this unit build upon students understanding of different processes preparing them for their Non-Examination Assessment but also for section B of the examination where they need to understand how ingredients work and why. The theory content of this course will help students to gain knowledge in preparation for all sections of the examination.
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Links to the national curriculum/specification	GCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) • 3.2.1.2 Fats • 4.3.5.1 Food Investigation • 3.3.2.3 Functional and chemical properties of Fats and Oils • 3.2.3.3 How to carry out nutritional analysis • 3.3.2.5 Raising agents • 3.2.2.2 Minerals • 3.2.3.4 Diet, nutrition and health • 3.2.2.1 Vitamins • 3.3.2.4 Fruit and vegetables
Assessments	Students will have a formal assessment in week 1 of the term. This is an assessed piece of work based on the analysis and evaluation of a group practical activity. Students receive feedback on their work and are given the opportunity to improve their work and grade in the last lesson of week 2. Students receive homework weekly. One of these is formally assessed. Students will be assessed on their practical work, their accuracy and finish and their use of the correct tools and equipment. Students will also have an end of term test to assess their recall knowledge of recently learnt topics.
Term Four	
What are the aims and objectives of this term?	In Term 4, we aim to give students a good understanding and knowledge of the following topics: • The Eatwell Guide • Nutritional needs • Nutritional analysis • Dietary groups • Evaluation of practical lessons • Water – function, deficiency and excess
What previous knowledge is required?	Students will need some understanding of health and safety in a practical kitchen and the skills needed to use the tools and equipment safely and accurately. This will have been learnt in Key Stage 3 and Terms 1-3 of Year 10. The theory content develops on learning from Key Stage 3 projects.
How will this term's content help with future learning?	The practical elements of this unit build upon students understanding of different processes preparing them for their Non-Examination Assessment but also for section B of the examination where they need to understand how ingredients work and why. The theory content of this course will help students to gain knowledge in preparation for all sections of the examination.
Resources	Students who wish to develop further knowledge on the areas of study covered in Year 10 Food preparation and nutrition can research areas on the link below. www.foodafactoflife.org.uk Seneca - Learn 2x Faster (senecalearning.com) GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize Home - British Nutrition Foundation Below are some of the videos that we use in this unit of work. https://youtu.be/m4f7mZug_s4

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Links to the national curriculum/specification	GCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) • 3.2.3 Nutritional needs and health • 3.2.3.1 Making informed choices for a varied and balanced diet • 3.2.3.3 How to carry out nutritional analysis
Assessments	Students will have a formal assessment in week 1 of the term. This is an assessed piece of work based on the Eatwell guide. Students receive feedback on their work and are given the opportunity to improve their work and grade in the last lesson of week 2. Students receive homework weekly. One of these is formally assessed. Students will be assessed on their practical work, their accuracy and finish and their use of the correct tools and equipment. Students will also have an end of term test to assess their recall knowledge of recently learnt topics.
Term Five	
What are the aims and objectives of this term?	In Term 5, we aim to give students a good understanding and knowledge of the following topics: • Cooking method • Sensory evaluation • Presentation skills • Sensory testing methods and food testing panels • Mini NEA 1 – Food Investigation Task practice • Factors affecting food choice • Food choices
What previous knowledge is required?	Students will need some understanding of health and safety in a practical kitchen and the skills needed to use the tools and equipment safely and accurately. This will have been learnt in Key Stage 3 and Terms 1-4 of Year 10. The theory content develops on learning from Key Stage 3 projects.
How will this term's content help with future learning?	The practical elements of this unit build upon students' understanding of different processes preparing them for their Non-Examination Assessment but also for section B of the examination where they need to understand how ingredients work and why. The theory content of this course will help students to gain knowledge in preparation for all sections of the examination.
Resources	Students who wish to develop further knowledge on the areas of study covered in Year 10 Food preparation and nutrition can research areas on the link below. Login Screen (illuminate.digital)
Links to the national curriculum/specification	GCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) • 3.3.1.2 Selecting appropriate cooking methods • 3.5.3 Sensory evaluation • 4.3.5.1 Food investigation • 3.5.1.1 Factors which influence food choice • 3.5.1.2 Food choices

Assessments	Students will have a formal assessment in week 3 of the term. This is an assessed piece of work based on a mini NEA 1 Food Investigation task. Students receive feedback on their work and are given the opportunity to improve their work and grade in the last lesson of week 4. Students receive homework weekly. One of these is formally assessed. Students will be assessed on their practical work, their accuracy and finish and their use of the correct tools and equipment. Students will also have an end of term test to assess their recall knowledge of recently learnt topics.
Term Six	
What are the aims and objectives of this term?	In Term 6, we aim to give students a good understanding and knowledge of the following topics • Mini NEA 2 – Food Preparation Task practice • Food and the environment • Food sources • Sustainability of food • Food production • Food labelling • Technological developments
What previous knowledge is required?	Students will need some understanding of health and safety in a practical kitchen and the skills needed to use the tools and equipment safely and accurately. This will have been learnt in Key Stage 3 and Year 10. The theory content develops on learning from Key Stage 3 projects.
How will this term's content help with future learning?	The practical elements of this unit build upon students' understanding of different processes preparing them for their Non-Examination Assessment but also for section B of the examination where they need to understand how ingredients work and why. The theory content of this course will help students to gain knowledge in preparation for all sections of the examination.
Resources	Students who wish to develop further knowledge on the areas of study covered in Year 10 Food preparation and nutrition can research areas on the link below. Login Screen (illuminate.digital)
Links to the national curriculum/specification	GCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) • 4.3.6 Food preparation assessment • 3.6.1.2 Food and the environment • 3.6.1.1 Food sources • 3.6.1.3 Sustainability of food • 3.6.2.1 Food production • 3.5.1.3 Food labelling and marketing influences • 3.6.2.2 Technological developments associated with better health and food production
Assessments	Students will have a formal assessment in week 1 of the term. This is an assessed piece of work based on the mini NEA 2 Food Preparation task. Students receive feedback on their work and are given the opportunity to improve their work and grade in the last lesson of week 3. Students receive homework weekly. One of these is formally assessed. Students will be assessed on their practical work, their accuracy and finish and their use of the correct tools and equipment. Students will also have an end of term test to assess their recall knowledge of recently learnt topics.

