

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 11 Food Preparation & Nutrition

Term One

Content of study	NEA 1, Food Investigation Assessment, Sections A, B and C
What are the aims and objectives of this term?	In term 1 students will be working on their NEA 1 throughout this term. Students will be undertaking and completing a Food Investigation Assessment.
What previous knowledge is required?	Students will have prior knowledge of what is expected for NEA 1 due to the mini NEA 1 food investigation task that they undertook in year 10.
How will this term's content help with future learning?	The work completed in this term is NEA 1 and is worth 15% of the final GCSE grade.
Resources	Students who wish to develop further knowledge on the areas of study covered in Year 11 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
Links to the national curriculum/specification	GCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) 4.3.5.1 Food Investigation Assessment Section A – Research (6 marks) Section B – Investigation (15 marks) Section C – Analysis and evaluation (9 marks)
Assessments	Students will be formally assessed on the overall content of NEA 1.

Term Two

Content of study	NEA 2, Food Preparation Assessment, Section A and B
What are the aims and objectives of this term?	In term 2 students will be starting their NEA 2 Food Preparation Assessment, completing research and starting to demonstrate technical skill dishes.
What previous knowledge is required?	Students will have prior knowledge of what is expected for NEA 2 due to the mini NEA 2 food preparation task that they undertook in year 10.
How will this term's content help with future learning?	The research section is worth 6 marks and goes towards the final marks which equates to 35% of their GCSE.
Resources	Students who wish to develop further knowledge on the areas of study covered in Year 11 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
Links to the national curriculum/specification	GGCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) 4.3.6.1 Food Preparation Assessment

	Section A – Research (6 marks) Section B – Demonstrating technical skills (18 marks)
Assessments	Students will be formally assessed on section A
Term Three	
Content of study	NEA 2, Food Preparation Assessment, finishing Section B and completing section C.
What are the aims and objectives of this term?	In term 3 students will be finishing their technical skill dishes and completing the analysis and evaluation of each dish.
What previous knowledge is required?	Students need to use prior knowledge of how to write a detailed evaluation of the technical skill dishes they have made.
How will this term's content help with future learning?	The demonstrating technical skills section is worth 18 marks and goes towards the final marks which equates to 35% of their GCSE.
Resources	Students who wish to develop further knowledge on the areas of study covered in Year 11 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
Links to the national curriculum/specification	GGCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) 4.3.6.1 Food Preparation Assessment Section B – Demonstrating technical skills (18 marks) Section C – Planning for the final menu (8 marks)
Assessments	Students will be formally assessed on section B and on the skills demonstrated through practical cooking.
Term Four	
Content of study	NEA 2, Food Preparation Assessment, Section D and E.
What are the aims and objectives of this term?	In term 4 students will be completing their three-hour practical exam and completing an analysis and evaluation of the dishes.
What previous knowledge is required?	Students need an understanding of how to evaluate their work. They will have done this in KS3 but also have experience of writing conclusions throughout the GCSE course.
How will this term's content help with future learning?	The making the final dishes section is worth 30 marks and section E is worth 8 marks and goes towards the final marks which equates to 35% of their GCSE.
Resources	Students who wish to develop further knowledge on the areas of study covered in Year 11 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
Links to the national curriculum/specification	GGCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) 4.3.6.1 Food Preparation Assessment Section D – Making the final dishes (30 marks)

	Section E – Analyse and evaluate (8 marks)
Assessments	Students will be formally assessed on the skills demonstrated through the practical cooking exam and on section E.
Term Five	
Content of study	Revision and preparation for the examination
What are the aims and objectives of this term?	In term 5 we cover preparations for the exam. Students recap on key knowledge and the lessons give the students the opportunity to learn how to apply this knowledge through exam questions. Theory content: • Food nutrition and health • Food science • Food safety • Food choice • Food provenance • Food preparation and cooking techniques
What previous knowledge is required?	All knowledge that has been learnt through the course so far will need to be revised and revisited in preparation for the examination. Most areas will be covered in lessons but some previous knowledge will be revised at home.
How will this term's content help with future learning?	This unit is important to prepare the students for the examination.
Resources	Students who wish to develop further knowledge on the areas of study covered in Year 11 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
Links to the national curriculum/specification	GGCSE Food Preparation and Nutrition Specification for first teaching in 2016 (aqa.org.uk) <i>All areas of the specification will be covered.</i>
Assessments	Students will have their formal assessment at the end of this term when they sit their final GCSE examination. This is 50% of the final grade.