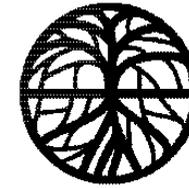


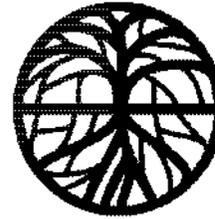
FOOD & NUTRITION



Curriculum Aims, Delivery & Content



<p>Curriculum aims Key Stage 3</p>	<p>Across key stage 3, students are taught a progressive framework of skills and knowledge which are comprised of the essential building blocks around the themes of diet and health, consumer awareness, cooking and food safety.</p> <p>Students develop their knowledge and understanding of ingredients, food preparation skills and cooking techniques allowing them to develop their creative, technical and practical expertise. Students also learn about nutrients in food, as well as their sources and functions with the aim of developing their understanding of the needs of consumers.</p> <p>The KS3 curriculum aims to ensure that all students, by the time they leave year 9, are able to make a wide selection of main courses that they can refer to as an adult. There is a clear focus on the 'eatwell guide' to ensure that students are able to identify if a meal is healthy and also to consider their personal diets and whether they can be improved. Students will also explore foods from a variety of cultures e.g Indian, Mexican, French, Spanish etc. and investigate how they all have similarities.</p>		
<p>Curriculum Delivery KS3</p>	<p>Food and Nutrition lessons are taught on a 12 week rotation where students have 4 lessons a fortnight</p>		
<p>Curriculum Content Year 7</p>	<p>Recipes:</p> <ul style="list-style-type: none"> • Fruit crumble • Bread • Bolognese sauce • Omelette • Pineapple upside down cake 	<ul style="list-style-type: none"> • Fruit salad • Cookies • Pizza toast <p>Topics:</p> <ul style="list-style-type: none"> • Nutrition and healthy eating – which foods 	<ul style="list-style-type: none"> • are part of a healthy diet and to know why • Special diets – different types of vegetarianism and also looking at a coeliac and lactose free diets, organic foods, flour theory, egg theory, types of diets and dairy foods.
<p>Curriculum Content Year 8</p>	<p>Recipes:</p> <ul style="list-style-type: none"> • Indian curry • Pizza • Victoria sponge • Chilli con carne • Rock cakes 	<ul style="list-style-type: none"> • Noodle soup • Potato wedges • Mash • Flapjack • Poached / scrambled eggs • Pasta and stir in sauce 	<p>Topics:</p> <ul style="list-style-type: none"> • food miles and food security • sensory evaluation • Nutrition • world cuisines.
<p>Curriculum Content Year 9</p>	<p>Recipes :</p> <ul style="list-style-type: none"> • Stir fry noodles • Macaroni cheese • Chicken and chorizo tomato stew • Ratatouille • Hob nob biscuits • Shortbread 	<ul style="list-style-type: none"> • Swiss roll • Omelette • Cheese straws 	<p>Topics</p> <ul style="list-style-type: none"> • Diet and food - nutrients in detail and also considering how they form a healthy diet • Religions and diet • Nutritional needs of different groups. • Food provenance • Vegetable theory



Curriculum Aims KS4	<p>The KS4 curriculum is designed to build on the knowledge and skills developed across KS3. It equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.</p>
Curriculum Delivery KS4	<p>Students will have 5 lessons of Food and Nutrition a fortnight.</p> <p>All formal assessment takes place in Year 11. This is as follows:</p> <p>Written paper (1 hour 45 minutes). This is 50% of the qualification and takes place in the June of year 11. This involves two sections of compulsory questions to assess the six areas of content.</p> <p>The food investigation assessment is 15% of the qualification and takes place in the September of year 11.</p> <p>The food preparation assessment is 35 % of the qualification and involves a 3 hour cooking exam. This will take place in the January of year 11</p>
Curriculum Content Year 10 & 11	<p><u>Eduqas GCSE Food & Nutrition</u></p> <ul style="list-style-type: none">• Food commodities• Principles of nutrition• Diet and good health• The science of food• Where food comes from• Cooking and food preparation <p>Controlled assessment</p> <ul style="list-style-type: none">• The food investigation assessment. A scientific food investigation which will assess knowledge, skills and understanding relating to the scientific principles underlying the preparation and cooking of food.• The food preparation assessment. Preparing, cooking and presenting a menu to assess knowledge, skills and understanding relating to the planning, preparation, cooking and presentation of food.