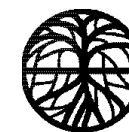


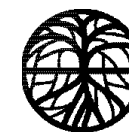
FOOD & NUTRITION

Curriculum aims, delivery and 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 have culture and religion in their traditions, but also have similarities within their cuisines.</p>		
<p>Curriculum Delivery KS3</p>	<p>Food and Nutrition lessons in Y7 are taught on a rotation each term where students have 2 lessons a fortnight.</p> <p>Food and Nutrition lessons in Y8 and Y9 are taught on a rotation of 6-week blocks. They have 3 rotations of food and nutrition each year with 2 lessons a fortnight.</p>		
<p>Curriculum Content Year7 <i>Introduction to Food and Nutrition</i></p>	<p>Recipes:</p> <ul style="list-style-type: none"> • Hob Nobs • Bread rolls • Cutting Vegetables • Pesto pasta with sauteed onion and peppers • Grilled halloumi salad with avocado 	<ul style="list-style-type: none"> • Vegetable and bean burrito • Fruit Salad • Apple Crumble • Cookie Dough • Pineapple upside down cake • Bolognese 	<p>Theory topics:</p> <ul style="list-style-type: none"> • Food groups – micro vs macro nutrition and the food groups required for a healthy diet. • Healthy diets – which foods are part of a healthy diet, the eat-well plate and 5-a day. • Food contamination and spoilage. • Safe food storage.
<p>Curriculum Content Year 8 <i>International Cooking</i></p>	<p>Recipes:</p> <ul style="list-style-type: none"> • Twisted Baguettes (France) • Bruschetta (Italy) • Pizza (Italy) • Victoria Sponge (UK) • Tortilla chips and guacamole (Mexico) • Enchiladas (Mexico) 	<ul style="list-style-type: none"> • Saag Aloo (India) • Chana Masala (India) • Chow Mein (China) • Tzatziki (Greece) • Soutzoukakia (Greece) • Patatas Bravas (Spain) • Macaroni Cheese (USA) 	<p>Topics:</p> <ul style="list-style-type: none"> • Food miles and food security • Nutrition and Food groups • World cuisines and food provenance • Food seasonality • The impact of religion and culture on food choices
<p>Curriculum Content Year 9 <i>Food science and sensory analysis</i></p>	<p>Recipes:</p> <ul style="list-style-type: none"> • Chicken Stir Fry • Scones • Cheesy Bread whirls • Frying an egg • Chicken and Chorizo stew • Pasta sauce • Jam Tarts 	<ul style="list-style-type: none"> • Shortbread • Vegetable and red pesto tarts • Ratatouille • Sticky Toffee Pudding • Vegetable Quesadilla • Swiss Rolls • Thai Red Chicken Curry • Chili Con carne 	<p>Topics</p> <ul style="list-style-type: none"> • Diet and food – Micro and Macronutrients in detail and considering how they form a healthy diet. • Effect of raising agents. • Why do we cook food? Effect of heat, enzymes, and pH on food. • Nutritional needs of different groups. • Sensory Analysis and food choices. • Special diets and food deficiencies.



<p>Curriculum Aims KS4</p>	<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>
<p>Curriculum Delivery KS4</p>	<p>Students will have 3 lessons of Food and Nutrition a fortnight.</p> <p>All formal assessments take place in Year 11. This is as follows:</p> <ul style="list-style-type: none">- 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.- Controlled Assessment: This comprises of 2 sections<ul style="list-style-type: none">- The food investigation assessment is 15% of the qualification and takes place in the September of year 11.- 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>	<p><u>Eduqas GCSE - Food Preparation & 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.