

CURRICULUM SUBJECT: FOOD PREPARATION AND NUTRITION

SUBJECT CONTACT: M ZULKARNAIN

“Cooking requires confident guesswork and improvisation - experimentation and substitution, deadline with failure and uncertainty in a creative way.”– Paul Theroux

CURRICULUM INTENT

Why is it important that pupils at Vale of York study Food Preparation and Nutrition?

Students will learn a life skill through fun and engaging activities. Students are exposed to a variety of dishes and will learn to be confident when using specialist equipment. Students are encouraged to work as independently as possible and make decisions based on learnt knowledge.

After completing KS3, students will be able to complete a variety of dishes that can sustain a healthy and varied diet. This will not only enable students to be more confident when cooking for themselves or others later on in life but could also lead to various career paths within the Food and consumer industry.

CURRICULUM STATEMENT

At KS3: To ignite student’s curiosity about food preparation and nutrition and to promote their love of cooking.
To be able to be independent in decision making when preparing foods that are nutritious and cost effective.

At KS4: To deepen the understanding and skills to follow a healthy and balanced diet.
To instil a love and passion for Food and Nutrition that will enable students to make informed decisions when preparing foods that are nutritious and cost effective.
To broaden student’s horizons about a versatile Food employment sector.

CURRICULUM SEQUENCE

Key Stage 3:

	Year 7	Year 8	Year 9
Curriculum time (pw)	1 hour a week FPN		
Curriculum framework	National Curriculum	National Curriculum	National Curriculum
Personal attributes evolved that support learning	Independent study through homework and project work Resilience - Try, try and try again attitude Team work -sharing resources and helping each other Decision Making - judging information and ideas from the world around you Confidence - Learn from your mistakes, it's okay to get it wrong attitude		
Disciplinary Literacy	<p>In KS3 Food and Nutrition, literacy skills are integrated into lessons and activities as a way of enhancing students' understanding of the subject. For example, students may be taught how to read and follow a set of instructions, and interpret nutritional data. They may also be taught how to write a sequence of making or annotate design ideas.</p> <p>Students are also taught subject specific vocabulary and how to use it accurately in speech and written language. This involves the use of strategies such as skimming, scanning, and close reading.</p> <p>Overall, the goal of teaching literacy in KS3 Technology is to help students develop the skills they need to critically analyse and communicate Technology based ideas and information terminology.</p>		

Unit title	What is the key knowledge/understanding covered	Which key subject skills will be developed
Health and Safety	Working safely in a kitchen Making products that are safe to eat	Basic knife skills Basic dough making skills
Basic Nutrition	Basic understanding of the need carbohydrate, fat and Protein in our diet	Basic dough making skills
Unit title	Key knowledge covered	Subject skills developed
Flour project	Understanding where food comes from and how it is processed	Basic knife skills Basic dough making skills Basic sauce making skills
Healthy Eating	Basic understanding of some vitamins and minerals why they are needed in our diet	Basic knife skills Basic dough making skills Basic sauce making skills
Unit title	Key knowledge covered	Subject skills developed
Health and Safety recap	Refresh principles of hygienic food preparation and storage	Basic knife skills Basic dough making skills Basic sauce making skills
Food Science	Understanding of raising agents Understanding of basic heat transfer methods Understanding the difference between different cooking methods and their uses	Knife skills Dough making skills Sauce making skills

Unit title	Key knowledge covered	Subject skills developed
International cuisine	Understanding where food originates from Understanding of different traditions and eating habits	Knife skills Dough making skills Sauce making skills
Meal planning	Developing skills for successful meal planning, including time management	Knife skills Dough making skills Sauce making skills
Unit title	Key knowledge covered	Subject skills developed
Health and Safety recap	Refresh principles of hygienic food preparation and storage	Knife skills Dough making skills Sauce making skills
Dietary needs	Build upon knowledge about healthy eating and nutrition to enable successful meal planning and preparation.	Knife skills Dough making skills Sauce making skills
Food provenance	Build upon knowledge of the origins of food. Starting to understand food sustainability.	Knife skills Dough making skills Sauce making skills
Careers	To gain a better understanding of career paths within the food industry through research and project work.	Research and Analysis
Unit title	Key knowledge covered	Subject skills developed

Factors affecting food Choice	Introducing project work similar to KS4 NEA. Build upon analytical skills when deciding upon meal options	Knife skills Dough making skills Sauce making skills
Cake project	Introducing project work similar to KS4 NEA (science element). Understanding how food experiments are conducted and how they can influence final product making.	Designing Food analysis

Key Stage 4:

	Year 10	Year 11
Curriculum time (pw)	5 hours over two weeks	5 hours over two weeks
Curriculum framework	<u>AQA GCSE Food preparation and Nutrition</u> NEA1- Food Science NEA2- Food Preparation Exam 1h45min 50% of overall grade NEA1+NEA2 are 50% of overall grade <u>AQA Food Preparation and Nutrition</u>	
Core knowledge & understanding covered	Improve food preparation and presentation skills Cover exam content Preparation for NEA1 and NEA2	September-November NEA1- Food Science November-March NEA2- Food preparation including 3h practical exam Exam
Subject specific skills	Food preparation skills Research skills Analytical skills Time management Text editing	
Personal attributes evolved that support	Independent study through homework and project work Resilience - Try, try and try again attitude	

learning	Team work -sharing resources and helping each other Decision Making - judging information and ideas from the world around you Confidence - it's okay to get it wrong attitude
-----------------	---

GCSE Examination specification: [AQA Food Preparation and Nutrition](#)

CURRICULUM OPPORTUNITIES

Key stage 3:

	Year 7	Year 8	Year 9
Within the formal curriculum	In Food preparation students acquire basic food preparation skills that will enable them to follow a healthy lifestyle.		
Links to other curriculum areas	Weighing and measuring are taught in Technology and Mathematics. Technology uses the same methods and language as Mathematics to ensure students are able to see the link between the two areas. Science covers some elements of the Food Preparation and Nutrition such as nutrition, conducting Food investigation tasks or heat transfer models. Food and Nutrition also covers healthy eating and lifestyle which are also taught in PSHE and Physical Education. Sustainability is a key topic within Technology that is also covered in Geography		
Preparation for adult life	Food and Nutrition will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The curriculum will encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life. Students can continue with A-level science if they want to pursue a career in Food Science in Nutrition. Another possible path would be Catering and Hospitality at York College or apprenticeships.		

CURRICULUM IMPLEMENTATION

As an Academy we have a range of clear standards and expectations of our pupils however each subject area has its own individual practices and habits that ensure that it can function to its optimum.

Curriculum delivery:

In KS3 students are introduced to Food and Nutrition through a range of practical work using a variety of skills. Lessons are taught in mixed ability classes and will focus on theory of ingredients, methods and skills. The skills set are developed from Y7-Y9 in a sequential manner allowing progression and development of key cooking skills.

KS4 Food, Preparation and Nutrition will enable students to deepen their understanding and skills. KS4 Food Preparation and Nutrition is assessed through portfolio work and exam testing.

Homework:

	Frequency	Expected time to complete	Completion notes and handing in	What to do if stuck
7	once per fortnight	Up to 30 min	Google classroom based. Homework is usually based around evaluation, additional research or a manufacturing diary.	Ask the classroom teacher or homework club
8				
9				
10	weekly	Up to 60 min	Homework is based around exam questions, revision techniques or manufacturing diary.	Use the e-learning app Use of Seneca Use the revision book that is available through parentpay Ask the teacher or P6
11	weekly	Up to 60 min	Ongoing revision	

SUPPORTING YOUR CHILD

	Resources to support your child	Relevance - How it helps
Key Stage 3	FPN- ingredients and container for food, apron Allow your child to help in the kitchen with preparing ingredients towards the family meal	Help with organisation of child To improve technical skills for practical lessons.
Exam courses	FPN- revision guide, e-learning book	To help with ongoing revision

WIDER INTEREST

If you would like to enhance your practical skill and work with professional cooks please have a look at the following link

<https://www.yorkshire.com/inspiration/food-and-drink/cookery-schools/>

Resources and recipe ideas for students if they would like to read more around the subject and enhance their learning. A lot of lesson resources are based on this website.

<https://www.foodafactoflife.org.uk/>

GCSE FPN: Exam specification [AQA Food Preparation and Nutrition](#)