

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.

CURRICULUM STATEMENT

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

	Year 10	Year 11
Curriculum time (pw)	5 hours over two weeks	5 hours over two weeks
Curriculum framework	<u>AOA 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>AOA 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 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 - it's okay to get it wrong attitude	

CURRICULUM OPPORTUNITIES

<p>Within the formal curriculum</p>	<p><i>In Food preparation students acquire basic food preparation skills that will enable them to follow a healthy lifestyle.</i></p>
<p>Links to other curriculum areas</p>	<p><i>Measuring and orthographic drawing is 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.</i></p> <p><i>Science covers some elements of the Food Preparation and Nutrition such as nutrition, conducting Food investigation tasks or heat transfer models.</i></p> <p><i>Food and Nutrition also covers healthy eating and lifestyle which are also taught in PSHE and Physical Education.</i></p> <p><i>Sustainability is a key topic within Technology that is also covered in Geography.</i></p>
<p>Preparation for adult life</p>	<p><i>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.</i></p> <p><i>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.</i></p>

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:

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:

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
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](#)