
Food Nutrition

Year 7

Topics studied:

- Safe working practices in the food workshop.
- Storing Food Safely.
- The Eatwell Plate & Food Groups – making healthy food choices.
- Sensory Descriptors & sensory analysis work using a rating scale.
- Practical work will focus on cooking methods which use the grill, hob & oven as well as helping students to develop a range of food preparation skills using foods from the food groups: Fruit & Vegetables and Cereals
- Food Items to be made include - Mini Pizzas/Fruit Crumble/Jam Buns/Pasta Bake/Baked Risotto/Chicken Nuggets/Italian or Mexican Meat Sauce

Subject specific websites to support revision and independent learning:

www.foodafactoflife.org.uk

Additional Information:

For practical lessons, students will be given a list of ingredients and any container they need to bring to the lesson, 1 week prior to the practical lesson.



Food Nutrition

Year 8

Topics studied:

- Nutrients – food sources and functions. Use of a data base to create a nutrition label.
- How to Evaluate – self-assessment of own method of working and a sensory evaluation of outcomes
- Practical work will focus on cooking methods which use the grill, hob & oven as well as helping students to develop a wider range of food preparation skills using foods from the food groups: Cereals, Dairy, Meats, Fats & Sugars
- Food Items to be made include – Flapjacks/Bread & Pastry Food items/Macaroni Cheese/Curry & Rice
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Subject specific websites to support revision and independent learning:

www.foodafactoflife.org.uk

www.nutrition.org.uk

www.mysupermarket.co.uk

Additional Information:

For practical lessons, students will be given a list of ingredients and any container they need to bring to the lesson, 1 week prior to the practical lesson.



Food Nutrition

Year 9

Topics Studied:

Nutrition & Food Commodities

- A balanced healthy diet – current recommendations.
- Macronutrients & Micronutrients – food sources & functions.
- Fibre & water.
- Calculating nutritional content of dishes
- Malnutrition.
- Major diet related health risks.
- Planning recipes, meals and diets.
- Main Food Groups.

Cooking & Food preparation

- Development of food preparation skills
- The working characteristics/functions of different ingredients

Exam Board: OCR

Assessment structure:

Internal Assessment - 50%

- TASK 1: A Food Investigation = 15%
- TASK 2: Create dishes from part of a menu = 35%

Written Examination - 50%

Subject specific websites to support revision and independent learning:

www.ocr.org.uk

www.foodafactoflife.org.uk

www.nutrition.org.uk

www.mysupermarket.co.uk

www.food4life.org.uk

www.food.gov.uk

www.nhs.uk

www.nhs.uk/change4life

www.meatandeducation.com

Additional Information:

In all years students will develop planning, analysis and evaluation skills which they will be able to apply to internal assessment tasks.

For practical lessons, students will be given a list of ingredients and any container they need to bring to the lesson, 1 week prior to the practical lesson.

Food Nutrition

Year 10

Topics Studied:

During year 10 students will complete 3 Controlled Assessment Tasks – 2 Short Tasks and the Food Study.

Exam Board: OCR - Food & Nutrition

Assessment structure:

Controlled Assessment - 60%

- 3 SHORT TASKS: 1 Food Investigation + 2 Practical Tasks = 30%
- 1 FOOD STUDY: Students will create own study title from set theme = 30%

Written Examination - 40%

Subject specific websites to support revision and independent learg:

www.ocr.org.uk

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www.nutrition.org.uk

www.mysupermarket.co.uk

www.food4life.org.uk

www.food.gov.uk

www.nhs.uk

www.nhs.uk/change4life

www.meatandeducation.com

Recommended subject guides:

OCR GCSE Food & Nutrition – My Revision Notes – A. Tull/M Pratt

ISBN 978-1-4441-8778-6

Additional Information:

Students will develop research, planning, analysis and evaluation skills which they will be able to apply to controlled assessment tasks.

Extra provision sessions are held in D6 on a Wednesday from 3.00-3.45

For practical lessons, students will be given a list of ingredients and any container they need to bring to the lesson, 1 week prior to the practical lesson.

Food Nutrition

Year 11

Topics Studied:

- Food safety & preservation – food spoilage and preservation/food poisoning/food contamination
- Preparation & cooking of food – how and why food is cooked/ingredients in cooking/effects of cooking/additives
- Consumer Education – role of marketing & advertising/food labelling/food safety and the law
- Revision

Exam Board: OCR – Food & Nutrition

Assessment structure:

Controlled Assessment - 60%

- 3 SHORT TASKS: 1 Food Investigation + 2 Practical Tasks = 30%
- 1 FOOD STUDY: Students will create own study title from set theme = 30%

Written Examination - 40%

Subject specific websites to support revision and independent learning:

www.ocr.org.uk

www.foodafactoflife.org.uk

www.nutrition.org.uk

www.mysupermarket.co.uk

www.food4life.org.uk

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