

SUBJECT: FOOD PREPARATION & NUTRITION

Year 7

Topics studied:

- Safe working practices in the food workshop.
- Storing Food Safely.
- The Eatwell Guide 2016 & 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/techniques using foods from the food groups: Fruit & Vegetables and Cereals and Meat.
- Food Items to be made include - Mini Pizzas/Fruit Salad/Fruit Crumble/Couscous Salad/Pasta Bake/Baked Risotto/Chicken Nuggets/Italian or Mexican Meat Sauce

Keywords/Skills that students should know by the end of Year 7:

Hygiene	Safety	Weighing	Measuring
Claw grip	Bridge hold	Eatwell Guide	The cooker
Sensory Descriptors	Self-evaluation	Food preparation equipment	Food storage

To help your child this year in Food you can:

- Check Show My Homework to find out the ingredients your child needs to bring to lessons.
- Ensure ingredients are weighed and measured accurately prior to the 1 hour practical lesson.
- Provide a suitable container for the food to be transported home.
- Test your child's understanding of the key words.
- Encourage your child to visit the website below to further develop their knowledge and understanding of key concepts.

Subject specific websites to support revision and independent learning:

www.foodfactoflife.org.uk

Additional Information:

ShowMyHomework will give details of ingredients and any container students need to bring to a practical lesson, 1 week prior to the practical lesson.

Year 8

Topics studied:

- **Nutrients – main 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.**
- **Investigating the functional, sensory and nutritional functions of ingredients.**
- **How to create a successful timed plan for making a dish in a 1 hour lesson.**
- **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/techniques using foods from the different food groups: Cereals, Dairy, Meats, Fats & Sugars**
- **Food Items to be made include – Healthy Flapjacks/Bread & Pastry Food items/Macaroni Cheese/Curry & Rice**

Keywords/Skills that students should know by the end of Year 8:

Nutrition	Malnutrition	Protein	Carbohydrates
Fats	Vitamins	Minerals	Dough
Food database	Time plan	Investigation	Properties

To help your child this year in Food you can:

- **Check Show My Homework to find out the ingredients your child needs to bring to lessons.**
- **Ensure ingredients are weighed and measured accurately prior to the 1 hour practical lesson.**
- **Provide a suitable container for the food to be transported home.**
- **Test your child's understanding of the key words.**
- **Encourage your child to visit the website below to further develop their knowledge and understanding of key concepts.**

Subject specific websites to support revision and independent learning:

www.foodafactoflife.org.uk

www.nutrition.org.uk

www.mysupermarket.co.uk

Additional Information:

ShowMyHomework will give details of ingredients and any container students need to bring to a practical lesson, 1 week prior to the practical lesson.

Topics Studied:

AUTUMN TERM	SPRING TERM	SUMMER TERM
Students will develop a range of preparation & cooking techniques.		
<p><u>WHERE FOOD COMES FROM: FOOD PROVENANCE</u></p> <ul style="list-style-type: none"> - Food origins/sources & supply - Food Miles - Packaging - Food Sustainability - Food security <p>Nutrition – macro & micro nutrients: types/functions/ sources</p> <p>Major commodity groups according to Eatwell guide/balanced diet.</p> <p>DIET & HEALTH</p> <ul style="list-style-type: none"> • EATWELL Guide • Energy <p>MALNUTRITION</p> <ul style="list-style-type: none"> ➤ Dental Caries ➤ Obesity ➤ CVD/CHD ➤ Cholesterol ➤ Calcium Deficiency 	<p>DIET & HEALTH</p> <p>DIETS FOR DIFFERENT LIFE STAGES</p> <ul style="list-style-type: none"> ○ Toddlers ○ Children ○ Teens ○ Adulthood/ pregnancy ○ Late adulthood • Diets for different needs <ul style="list-style-type: none"> ○ Coeliac ○ Allergies and intolerances ○ Religions ○ Anaemia ○ Type 2 diabetes ○ Vegetarians <p>FACTORS AFFECTING FOOD CHOICE</p> <ul style="list-style-type: none"> ○ Sensory perception + olfactory system ○ Impact of marketing & labelling on food choice ○ Social/economic/ethical/moral/medical factors ○ Other factors: enjoyment/preference/season/cost/availability/time of day/activity level/celebration/occasion/culture <p>FOOD PRESENTATION/STYLING</p>	<p><u>COMMODITY GROUP 1</u></p> <p>Bread, rice, potatoes, pasta & other starchy foods</p> <p><u>COMMODITY GROUP 2</u></p> <p>Fruit and vegetables</p> <p><u>COMMODITY GROUP 3</u></p> <p>Milk & dairy foods</p> <p><u>COMMODITY GROUP 4</u></p> <p>Meat, fish, eggs, beans & other non-dairy sources of protein</p> <p><u>COMMODITY GROUP 5</u></p> <p>Foods and drinks high in fat &/or sugar</p>
<p>Students will cover the following key points for each food commodity:</p> <ul style="list-style-type: none"> ➤ Food classifications/types ➤ How commodity is grown/reared/processed/cooked ➤ Nutritional values + links to eatwell guide & health issues ➤ Any dietary considerations/issues ➤ Buying/storing/cooking ➤ Food science ➤ Food hygiene & safety ➤ Dishes which use each commodity and when they can be served and how they can be presented. ➤ Skills which can be showcased when making different dishes. 		

Exam Board:

Eduqas

Assessment structure:

Internal Assessment - 50%

TASK 1: A Food Investigation Task = 15%

TASK 2: A Food Preparation Task = 35%

Written Examination - 50%

ALL ASSESSMENTS TAKE PLACE IN YEAR 11 OF THE COURSE

Keywords/Skills that students should know by the end of Year 9

Eatwell Guide	Micronutrients	Malnutrition	Food processing
Eatwell 8 Tips	Food Commodity	Deficiency	Food Science
Macronutrients	Nutritional value	Food Origins	Hygiene & Safety

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- Provide a suitable container for the food to be transported home.
- Test your child’s understanding of the key words.
- Encourage your child to visit the websites below to further develop their knowledge and understanding of key concepts.
- Check they have completed written homework tasks and met deadlines.

- **Ensure that results of research or evaluation homework are actually recorded.**

Subject specific websites to support revision and independent learning:

www.wjec.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

Recommended subject guides:

WJEC Food Preparation & Nutrition – Helen Buckland & Jacqui Keepin

ISBN 978-1-4718-6750-7

Recommended subject guides:

All students have been give the username and password to access the digital textbook on line at www.illuminate.digital/eduqasfood

Additional Information:

ShowMyHomework will give details of ingredients and any container students need to bring to a practical lesson, 1 week prior to the practical lesson.

Topics Studied:

AUTUMN TERM	SPRING TERM	SUMMER TERM
Students will develop a wider range of preparation & cooking techniques.		
<p>WHERE FOOD COMES FROM: International Cuisine/Multi-Cultural Influences (at least 2)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Staple foods <input type="checkbox"/> 4 Theme Boards for Assessment: European + Asian + British + American country <input type="checkbox"/> Distinctive features(ingredients/preparation & cooking methods/equipment/ presentation techniques <p>FOOD MANUFACTURING</p> <ul style="list-style-type: none"> <input type="checkbox"/> Primary <input type="checkbox"/> Secondary <input type="checkbox"/> Effects Of Processing On Sensory & Nutritional Properties <input type="checkbox"/> Technological Developments (Fortification/Modified Foods) <input type="checkbox"/> Positives & Negatives Of Food Modification <input type="checkbox"/> Additives 	<p>THE SCIENCE OF FOOD</p> <ul style="list-style-type: none"> • Food spoilage • Food preservation • Food safety • Food poisoning <p>THE SCIENCE OF COOKING FOOD THE EFFECT OF COOKING ON FOOD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Why food is cooked <input type="checkbox"/> Methods of heat transfer <input type="checkbox"/> Cooking methods – adv + disadv. <input type="checkbox"/> Effects of heat on nutrients... <input type="checkbox"/> Sugar/caramelisation <input type="checkbox"/> Starch/dextrinization & gelatinisation <input type="checkbox"/> Protein/denature & coagulation/gluten & foam formation <input type="checkbox"/> Fats/shortening/aeration/plasticity/emulsification <input type="checkbox"/> Enzymic browning <input type="checkbox"/> Vits/Mins <input type="checkbox"/> Raising Agents 	<p>Skills for non- examined assessment:</p> <ul style="list-style-type: none"> • Planning meals/dishes for different occasions and individual needs. • Creating time plans for 1/2/3 dishes • Producing appropriate sensory charts and analysing findings • Evaluation of personal organisation and dishes • Preparation for NEA 1 – the investigation

Exam Board:
Eduqas

Assessment structure:
Internal Assessment - 50%
TASK 1: A Food Investigation Task = 15%
TASK 2: A Food Preparation Task = 35%
Written Examination - 50%
ALL ASSESSMENTS TAKE PLACE IN YEAR 11 OF THE COURSE

Keywords/Skills that students should know by the end of Year 10:

Microbial growth	Culinary traditions	Technological developments	Factors influencing food choice
Food spoilage	Time plans	Evaluating	Food Security
Hypothesis	Food miles	Sustainability	Research

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- Provide a suitable container for the food to be transported home.
- Test your child understands the key words.
- Encourage your child to visit the websites below to further develop their knowledge and understanding of key concepts.
- Check they have completed written homework tasks and met deadlines.
- Ensure that results of research or evaluation homeworks are actually recorded/completed.

Subject specific websites to support revision and independent learning:

www.wjec.org.uk
www.foodfactoflife.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

Recommended subject guides:
WJEC Food Preparation & Nutrition – Helen Buckland & Jacqui Keepin
ISBN 978-1-4718-6750-7

Recommended subject guides:
All students have been give the username and password to access the digital textbook on line at www.illuminate.digital/eduqasfood

Additional Information:
As part of their formal assessments, students will choose their own dishes to make but the school will provide any recipes needed or advice on how to best adapt the recipes.

This is the formal assessment year.
In September and November we will be advised of the topics students will need to research, plan, prepare and evaluate for each of the non-examined assessments.

When the NEAs have been completed all time will be dedicated to exam preparation and revision exercises.

Exam Board:
Eduqas

Assessment structure:
Internal/Non-Examined Assessments (50%)

NEA 1: A Food Investigation Task = 15%

NEA 2: A Food Preparation Task = 35%

Written Examination - 50%

Keywords/Skills that students should know by the end of Year 11:

Food Spoilage	Preservation	Freezing	M.A.P.
A.F.D.	Cross contamination	Pathogenic bacteria	Consumer
Food choices	Marketing	Advertising	Law

To help your child this year in Food you can:

- Encourage him/her to start revision early.
- Encourage students use show my homework to access, answer and mark own responses using the exam papers and mark schemes.
- Test your child's understanding of the key words.
- Encourage your child to visit the websites below to further develop their knowledge and understanding of key concepts.

Subject specific websites to support revision and independent learning:

www.ocr.org.uk

www.foodfactoflife.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

Recommended subject guides:

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

ISBN 978-1-4441-8778-6

Recommended subject guides:

All students have been give the username and password to access the digital textbook on line at www.illuminate.digital/eduqasfood

Additional Information:

Extra provision sessions may be held in D4/6 – dates to be arranged by teachers