

Key Stage 3 Food – Intent, Implementation and Impact

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Intent

The Key Stage 3 Food curriculum aims to equip students with the knowledge, understanding and practical skills needed to make informed decisions about food, nutrition and health. Through engaging practical experiences, students develop confidence, independence and creativity while learning essential life skills that will support them throughout their lives. Students are encouraged to understand where food comes from, how food choices impact health and the environment, and how to prepare a range of nutritious dishes safely and successfully.

Implementation

Students develop their knowledge and skills through a combination of practical cooking lessons, theory-based learning and investigative activities. The curriculum is carefully sequenced to build confidence and competence, beginning with food safety, hygiene and basic preparation skills before progressing to more complex techniques and nutritional concepts. Students explore healthy eating, food science, sustainability, food provenance and dietary needs while regularly applying their learning through practical food preparation. Assessment takes place through practical outcomes, written tasks, knowledge checks and self-evaluation activities.

Impact

By the end of Key Stage 3, students are able to prepare a range of dishes safely and independently, demonstrating increasing confidence and competence in practical food preparation. They understand the principles of healthy eating and can apply nutritional knowledge to make informed food choices. Students develop transferable skills including organisation, problem-solving, resilience and evaluation, providing a strong foundation for GCSE Food Preparation and Nutrition and for healthy, independent living beyond school.

Cooking & Nutrition

- **Cooking & Nutrition**
- In year 7, 8 and 9 students have one lesson per week for half a year. We plan five practical lessons, with the other lessons devoted to the theory side of the subject.
- **What will you learn about?**
- Nutrition – What are the different nutrients? What role do different nutrients have in the body? What is the relationship between diet and health?
- Food Provenance – Where does our food come from? How are crops processed to make ingredients?
- Food Choice – What are the different factors that influence what we choose to eat?
- Food Science – What scientifically happens to food when it is prepared and cooked?
- Food Safety – How can we ensure that food is prepared, cooked and stored safely?
- Practical Skills and Techniques – Students will learn to use the cooker and will learn a wide range of food preparation skills.

Food Preparation and Nutrition

Food Preparation and Nutrition at Fairfax will equip students with the knowledge, understanding and skills required to cook and apply the principles of Food Science, Nutrition and Healthy Eating.

Our curriculum encourages students to cook and enable them to make informed decisions, have a cultural awareness and have a wide range of vital life skills to feed themselves and others affordably and nutritionally now and in later life.

GCSE Food Preparation and Nutrition (Eduqas) – Intent, Implementation and Impact

Intent

The GCSE Food Preparation and Nutrition curriculum aims to develop students' understanding of the relationship between food, nutrition and health while refining the practical skills needed to prepare, cook and present a wide range of dishes confidently and independently. Students gain an appreciation of food science, food provenance, sustainability and consumer issues, enabling them to make informed decisions about food in an increasingly complex world. The course prepares students for further study and careers within the food, nutrition, health and hospitality sectors.

Implementation

Students follow the Eduqas GCSE Food Preparation and Nutrition specification through a balance of practical and theoretical learning. They develop advanced food preparation and cooking skills while studying nutrition, diet and health, food commodities, food science, food safety and food provenance. Practical investigations and cooking activities enable students to apply theoretical knowledge in meaningful contexts. Learning is assessed through regular knowledge checks, practical outcomes and examination-style questions, culminating in a written examination and two Non-Examination Assessments (NEAs) that assess food investigation skills and practical food preparation.

Impact

By the end of the course, students demonstrate a secure understanding of nutrition, food science and the factors that influence food choice. They can plan, prepare, cook and evaluate a range of dishes using a variety of technical skills and ingredients. Students develop independence, organisation, problem-solving and analytical skills, preparing them for further education, employment and lifelong healthy food choices. The qualification provides a strong foundation for progression into food-related, health-related and hospitality careers.

Key Stage 4: GCSE Food Preparation and Nutrition

(Eduqas)

Course Overview

GCSE Food Preparation and Nutrition provides students with the opportunity to develop practical cooking skills whilst gaining an in-depth understanding of nutrition, food science, food safety and food choice.

Students investigate the relationship between diet, nutrition and health and learn how to make informed decisions about food in a rapidly changing world.

Examination Board

Eduqas

Qualification

GCSE Food Preparation and Nutrition

Assessment

Component 1: Written Examination

50% of GCSE

1 hour 45 minutes

Visual stimuli, structured and extended-response questions

Component 2: Non-Examination Assessment (NEA)

50% of GCSE

Task 1: Food Investigation Assessment

Scientific investigation

Understanding food science principles

Task 2: Food Preparation Assessment

Planning, preparing, cooking and presenting dishes

Demonstrating a range of technical skills

Careers and Progression

Food and Nutrition supports progression into a wide range of careers including:

- Nutrition and Dietetics
- Food Science and Technology
- Hospitality and Catering
- Teaching and Education
- Environmental Health
- Public Health
- Product Development
- Food Marketing
- Agriculture and Food Production

The qualification also provides an excellent foundation for A Level study and vocational courses related to food, health and hospitality.

Course Content

Food Commodities

- Cereals
- Fruit and vegetables
- Milk, cheese and yoghurt
- Meat, fish and alternatives
- Fats, oils and sugars

Principles of Nutrition

- Macronutrients and micronutrients
- Dietary needs throughout life
- Energy balance
- Healthy eating
- Special diets

Diet and Good Health

- Nutritional requirements
- Diet-related health issues
- Current dietary recommendations

The Science of Food

- Cooking methods
- Heat transfer
- Functional and chemical properties of ingredients
- Food spoilage and preservation

Food Provenance

- Food production
- Sustainability
- Environmental impact
- Ethical considerations

Food Safety

- Food poisoning
- Cross-contamination
- Food storage
- Risk assessment
- Safe food handling

Practical learning is embedded throughout the curriculum, providing opportunities for students to apply theoretical knowledge, refine technical skills and evaluate outcomes in a range of food-related contexts.

Students also study for a Level 2 Food Safety qualification, broadening their understanding of professional standards within food preparation and catering environments.