

Food & Nutrition



At the heart of our subject is the development of strong practical cookery skills and techniques as well as a good understanding of nutrition. We believe that students who learn to cook well are more likely to make better food choices and understand healthy eating.

Food and Nutrition learners will discover the essentials of food science, nutrition and how to cook. In addition to this, students will understand the huge challenges that we face globally to supply the world with nutritious and safe food.

What is studied at KS3

Yr7 (4 lessons over two weeks per term)	Yr8 (3 lessons over two weeks per term)	Yr9 (4 lessons over two weeks for half a year)
Our main focus is on skill development and healthy eating.		This year is a taster of what the GCSE will offer.
Theory topics cover <ul style="list-style-type: none"> • Food hygiene and safety • Healthy food choices • Storage of food items 	Theory topics cover <ul style="list-style-type: none"> • In-depth look at The Eatwell Guide 	<ul style="list-style-type: none"> • Nutrition • Factors that affect food choice • Diet through life

<ul style="list-style-type: none"> • Small, medium and large equipment • Methods of cooking • What is on a food label • Food miles • An introduction to Provenance 	<ul style="list-style-type: none"> • Heat Transfer and Methods of cooking • Provenance 	<ul style="list-style-type: none"> • How science and food work together • International Cuisine and how it has affected our eating habits.
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What is studied at KS4

Exam Board : OCR GCSE (9–1) in Food Preparation and Nutrition

<p>Yr10 (5 lessons over two weeks – 2 theory, 1 prac prep, 2 practical)</p>	<p>Yr11 (5 lessons over two weeks)</p>
<p>Nutrition</p> <ul style="list-style-type: none"> • The relationship between diet and health • Nutritional and dietary needs of different groups of people • Nutritional needs when selecting recipes for different groups of people 	<p>Food</p> <ul style="list-style-type: none"> • Provenance • Food Processing and production • Food Security • Technological developments to support better health and food production

- Factors influencing food choice
- Energy balance
- Macronutrients
- Micro nutrients
- Water

Cooking and Food Preparation

Sensory properties

Food Safety

Food Science

A large amount of practical work.

- Development of culinary traditions

NEA

1 – Food Science (15% of actual GCSE)

2 – Food Preparation (35% of actual GCSE)

Assessment Overview	
Food Preparation and Nutrition (01)* 100 marks** 1 hour 30 minutes written examination paper	50% of total GCSE
Food Investigation Task (02 or 03)* 45 marks Non-examined assessment (NEA)	15% of total GCSE
Food Preparation Task (04 or 05)* 105 marks Non-examined assessment (NEA)	35% of total GCSE