

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 • Small, medium and large equipment • Methods of cooking • What is on a food label • Food miles • An introduction to Provenance 	Theory topics cover <ul style="list-style-type: none"> • In-depth look at The Eatwell Guide • Heat Transfer and Methods of cooking • Provenance 	<ul style="list-style-type: none"> • Nutrition • Factors that affect food choice • Diet through life • How science and food work together • International Cuisine and how it has affected our eating habits.

What is studied at KS4

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

Yr10 (5 lessons over two weeks – 2 theory, 1 prac prep, 2 practical)	Yr11 (5 lessons over two weeks)								
<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 • Factors influencing food choice • Energy balance • Macronutrients • Micro nutrients • Water <p>Cooking and Food Preparation</p> <p>Sensory properties</p> <p>Food Safety</p> <p>Food Science</p> <p>A large amount of practical work.</p>	<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 • Development of culinary traditions <p>NEA</p> <p>1 – Food Science (15% of actual GCSE)</p> <p>2 – Food Preparation (35% of actual GCSE)</p> <div data-bbox="1218 861 1576 1289"> <table> <tr> <th colspan="2">Assessment Overview</th></tr> <tr> <td>Food Preparation and Nutrition (01)* 100 marks** 1 hour 30 minutes written examination paper</td><td>50% of total GCSE</td></tr> <tr> <td>Food Investigation Task (02 or 03)* 45 marks Non-examined assessment (NEA)</td><td>15% of total GCSE</td></tr> <tr> <td>Food Preparation Task (04 or 05)* 105 marks Non-examined assessment (NEA)</td><td>35% of total GCSE</td></tr> </table> </div>	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
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