

YEAR 11: Non-Examination Assessment 1: Science based coursework. Investigate the chemical and functional properties of ingredients through a series of planned experiments and evaluations of results. Developing concise analysis which can be further developed to demonstrate chemical reactions.

Non-Examination Assessment 2: Practical Skills based coursework. Focuses upon nutritional and meal planning for a given brief provided by the exam board. A clear demonstration of nutritional needs and skills.



FAIRTRADE



Food and Nutrition can be used in many careers. These include Nutritionist, Chemical Researcher, Food Technologist, Dietician, Technical Brewer, Product Manager, Production Manager, Quality Control Manager, Toxicologist and Chef.



YEAR 7: iStudents will cover Health & Safety in a kitchen, per-

sonal hygiene, how to weigh out ingredients using scales, mea-

suring jugs and measuring spoons. Basic equipment used in a

kitchen and how it is used. Knife skills, the bridge and claw

method to hold food safely while using a sharp knife. How to

prevent hazards which may occur. Understanding the functions of the food groups in the Eatwell

Guide and how these areas contribute to a well-balanced diet. Knowing the nutritional values of basic ingredients. Food safety, how to store food in a safe way, correct tempera-

tures used in a kitchen



YEAR 9: Looking at the module Street Food the students will look a the following areas. Food safety: Microorganisms and enzymes, signs of food spoilage, bacterial contamination, buying, storing and cooking food. Food & Nutrition: Macronutrients, Micronutrients. Making informal choices about the food we eat, energy needs, diet, nutrition and health. Food choice: religion, special diets and allergies. Fairtrade: Local produce, organic foods and genetically modified foods. Food Science: heat transfer methods, conduction, convection and radiation. Cooking methods, functional and chemical properties of foods, Food provenance; primary and secondary processing, food sources, carbon footprint and food miles, food waste

Design

Technology

FOOD PREPARATION AND NUTRITION

Finham Park Schoo



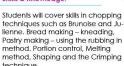


YEAR 8: Students will cover an understanding that Food Science plays in creating dishes. They look into the 4c's in detail and how choice of food influences how we eat. They will cover topics of Cross-contamination, Enzymatic browning and how this process can be slowed down during a practical setting.

Understanding the benefits of nutrition and in particular cheese and yoghurt. The benefits to their age group of these food groups. How to incorporate the right proportions for their age groups.











Students will cover Roux making, ing, Accuracy through weighing in grams, ml's and spoon measurements.



Skills & Knowledge:

Portion control, chopping techniques to include precision, flavouring. Understanding the concepts of street food from around the world. Presentation of products to including garnishing and presentation.



FINHAM PARK FOOD JOURNEY

Demonstrate knowledge and understanding of nutrition, food, cooking and preparation

Apply knowledge and understanding of nutrition, food, cooking and preparation

Plan, prepare, cook and present dishes, combining appropriate techniques

Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others





Next

Steps

all our students to be able to select and prepare food with confidence as this is an essential life skill. Our focus also enables students to make choices based upon nutritional knowledge and to develop a scientific understanding of food ingredients. Our curriculum reflects our present and future lives and promotes food province and sustainability throughout. The learning is sequenced in all years to develop, retain and deepen knowledge. The basic skills developed from Year 7 enable students to show progress in their skill acquisition and in more detailed knowledge related to food and nutrition.

Food Preparation & Nutrition 5 Year

Our curriculum is focused around core

every student knows the importance of

knowledge of Food and Nutrition to ensure

making healthy lifestyle choices. We want

Curriculum:



Skills & Knowledge:

technique.



Skills & Knowledge:

Chopping techniques, Grating, Coat-



