



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.



Next Steps

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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 10: Using practical's to cover the 12 skills: General practical skills, knife skills, preparing fruit and vegetables. Cooking methods, preparing, combining and shaping, sauce making, tenderising and marinating, raising agents and setting agents. Food, nutrition and health: Macro-nutrients and Micro-nutrients. Nutritional needs and health. Food Science: Cooking of food and heat transfer, functional and chemical properties. Food safety: Food spoilage and contamination, principles of food safety. Food Choice: factors affecting food choice. British International cuisine. Sensory evaluation, food labelling and marketing. Food Provenance: environmental impact and sustainability of food, food production and processing.



YEAR 9: Looking at the module Street Food the students will look at 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. Fair-trade: 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.



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.



YEAR 7: Students will cover Health & Safety in a kitchen, personal hygiene, how to weigh out ingredients using scales, measuring 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 temperatures used in a kitchen.



Design Technology

Finham Park School
FOOD PREPARATION AND NUTRITION

- AO1** Demonstrate knowledge and understanding of nutrition, food, cooking and preparation
- AO2** Apply knowledge and understanding of nutrition, food, cooking and preparation
- AO3** Plan, prepare, cook and present dishes, combining appropriate techniques
- AO4** Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others



Food Preparation & Nutrition 5 Year Curriculum:

Our curriculum is focused around core knowledge of Food and Nutrition to ensure every student knows the importance of making healthy lifestyle choices. We want 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 provenance 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.



Year 7 Skills & Knowledge:



Students will cover skills in chopping techniques such as Brunoise and Julienne. Bread making – kneading, Pastry making – using the rubbing in method. Portion control, Melting method, Shaping and the Crimping technique.



Year 8 Skills & Knowledge:

Students will cover Roux making, Chopping techniques, Grating, Coating, Accuracy through weighing in grams, ml's and spoon measurements.



Year 9 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.

