

FOOD & NUTRITION CURRICULUM INTENT

The Rodillian food curriculum provides our pupils with the opportunity to learn the valuable life skill of cooking, and the pleasure of creating a variety of dishes.

Our philosophy is to empower creative, confident and independent cooks. The focus is on learning a wide variety of cooking skills whilst working safely and hygienically.

The dishes selected to cook in practical lessons are chosen to practice specific skills, whilst being mindful of how to organise time, cost, and dietary requirements.

Students are encouraged to adapt basic recipes through discussion with their teacher, and creativity and resilience is actively encouraged.

Following practical sessions students reflect on their dishes to evaluate their work and identify how they can adapt and improve.

As well as practical cooking lessons, students will carry out a range of activities to develop their subject vocabulary and knowledge and understanding of food-related topics.

A key focus is nutrition, and the close relationship food has with health. We also explore the science behind cooking and why certain foods and ingredients behave as they do. Students will learn about social, moral, ethical and environmental issues relating to food.

Regular intervention and support is offered to help our students to make progress and aspire to achieve future success.



FOOD & NUTRITION CURRICULUM IMPLEMENTATION

KS3 Year 7

13-week rotation. 2 lessons a week

FOOD & NUTRITION

PRACTICAL KNOWLEDGE. Practise & Action

- Preparing and cooking a variety of fresh ingredients in recipes
- Weighting and measuring
- Knife and cutting skills
- Time management
- Using different parts of the cooker: grill, hob, oven
- Fat based methods. Stir fry/shallow fry
- Water based methods. Simmer/boil
- Baking
- Sauce making
- Testing for readiness
- Sensory Evaluation. Used as basis for making improvements

THEORETICAL KNOWLEDGE. Concepts & Principles

- Introduction to the food room
- Identify cooking equipment
- Hygiene and safety
- Nutrients and health eating. Eatwell guide
- Identify and describe different cooking methods
- Understand and apply key terms for techniques and processes
- Multicultural food

Assessment. Bronze. Silver. Gold
resilience grade

KS3 Year 8

13-week rotation. 2 lessons a week

FOOD & NUTRITION

PRACTICAL KNOWLEDGE Practise & Action

- Preparing and cooking a variety of fresh ingredients in more complex recipes
- Weighing and measuring
- Knife and cutting skills.
- Time management
- Using different parts of the cooker: grill, hob, oven
- Fat based methods. Stir fry/shallow fry
- Water based methods. Simmer/boil
- Baking
- Dough making
- Sauce making
- Marinating meat
- Avoiding cross contamination
- Dovetailing recipes: Making two or more dishes, splitting tasks within recipes to make best use of time
- Testing for readiness
- Sensory Evaluation. Used as basis for making improvements

THEORETICAL KNOWLEDGE Concepts & Principles

- Introduction to the food room
- Identify cooking equipment
- Hygiene and safety
- Identify and describe different cooking methods
- Understand and apply key terms for techniques and processes
- Nutrients and life stages
- Modifying recipes for health eating
- Eating well for less, and budgeting
- Sustainability and food miles

Assessment. Bronze. Silver. Gold resilience grade

KS3 Year 9

2 lessons a week

FOOD & NUTRITION

PRACTICAL KNOWLEDGE. Practise & Action

- Preparing and cooking a variety of fresh ingredients in more complex recipes with increasing independence and automaticity
- Building on previously learnt practical knowledge
- Apply a wider range of cooking methods:
- Tenderise and marinate meat
- Cake making
- Bread making
- Pasta making
- Sauce making
- Food presentation
- Testing for readiness
- Sensory Evaluation. Used as basis for making improvements
- Modifying recipes to achieve a specific result based on the chemical properties of ingredients
- Modifying recipes to meet a specific nutritional need or lifestyle choice
- Planning a meal to meet a target market/occasion

THEORETICAL KNOWLEDGE Concepts & Principles

- Identify a wider range of cooking equipment
- Health and safety
- Links between diet and health
- Where food comes from
- Food spoilage
- Identify and describe different cooking methods
- Understand and apply key terms for techniques and processes
- Understanding of the function of ingredients used in recipes
- Chemical changes during food preparation

Assessment. Bronze. Silver. Gold Resilience grade

FOOD & NUTRITION CURRICULUM IMPLEMENTATION

KS4 Year 10 GCSE 6 lessons a week

WJEC EDUQAS GCSE FOOD PREPARATION & NUTRITION

PRINCIPLES OF FOOD PREPARATION AND NUTRITION.

Written examination: 1 hour 45 minutes

50% of the qualification

- Principles of nutrition
- Diet and good health
- Science of cooking
- Food spoilage
- Where food comes from
- Factors affecting food choice

FOOD PREPARATION AND NUTRITION IN ACTION. Non-exam assessment (NEA)

Assessment 1 8 hours

Assessment 2 12 hours

50% of qualification.

- AD1 Demonstrate knowledge and understanding of nutrition, food, cooking and preparation
- AD2 Apply knowledge and understanding of nutrition, food, cooking and preparation
- AD3 Plan, prepare, cook and present dishes, combining appropriate techniques
- AD4 Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others

Graded GCSE 1 to 9

KS4 Year 11 Technical Award 6 lessons a week

NCFE LEVEL 1/2 TECHNICAL AWARD IN FOOD & COOKERY

Non-exam assessment (NEA) Weighting (60%)

Externally set Examined assessment (EA) Weighting (40%) written exam

Course Content

- Health and safety
- Food legislation and food provenance. Food groups, key nutrients and a balanced diet
- Factors affecting food choice
- Food preparation, cooking skills and techniques. Recipe amendment, development and evaluation. Menu and action planning for completed dishes
- AD1 Recall knowledge and understanding
- AD2 Apply knowledge and understanding to real world contexts
- AD3 Analyse and evaluate knowledge and understanding.
- AD4 Demonstrate and apply relevant technical skills, techniques and processes
- AD5 Analyse and evaluate the demonstration of relevant technical skills, techniques and processes

Graded Level 1 Pass, Level 1 Merit, Level 1 Distinction, Level 1 Distinction*, Level 2 Pass, Level 2 Merit, Level 2 Distinction, Level 2 Distinction*

