

Curriculum Overview –

All Saints' Curriculum Intent Statement:

Pupils at All Saints have access to a world class curriculum – one which is broad, balanced, challenging and gives pupils a better chance of success than any other curriculum in the country.

Food Preparation and Nutrition (KS4) Curriculum Intent Statement:

The Food Preparation and Nutrition course equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life. This course has been designed to create a balance between practical and theoretical knowledge and understanding.

Areas of Content

1. Food commodities
2. Principles of nutrition
3. Diet and good health
4. The science of food
5. Where food comes from
6. Cooking and food preparation

By studying food preparation and nutrition learners will:

- be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment.
- develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.
- understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
- understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices.
- demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
- understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes.

Year	Cycle 10		Cycle 11		Cycle 12			
	<p>Nutrition: Macronutrients, Micronutrients and the link between diet and health. Linked to food commodities throughout the year.</p> <p>Food hygiene and safety: Personal hygiene / pathogenic bacteria / food poisoning risks. Linked into all practical lessons and commodities.</p> <p>Butter, Oil, Margarine, Sugars and Syrup: These will be incorporated where relevant throughout the year. Experiments using different fats and sugars.</p>	<p>Mini NEA Practice: Complete a brief 'how to' plan, write a hypothesis, complete a practical to support a brief and evaluate findings.</p> <p>Cereals: Different types of cereal, how/why cereals are used, provenance, how weather / soil type affects cereal growth and harvest and nutritional values and deficiencies.</p> <p>Practical: Pizza, bread, decorated focaccia bread, pastry products such as apple crumble pie.</p>	<p>Fruit and vegetables: Fruit & vegetable categories, provenance, how weather / soil type affects F&V, Seasonality and the environmental impact, nutrition.</p> <p>Practical: Vegetable stir fry/chow mein, fruit tart and soup.</p>	<p>Mini NEA Practice: Complete a brief 'how to' plan, write a hypothesis, complete a practical to support a brief and evaluate findings.</p> <p>Dairy products: Categories of dairy foods (Local / organic / environmental), safety, storage and spoilage of dairy foods, dairy food nutrients.</p> <p>Practical: Pasta bake / lasagne, yogurt loaf cake.</p>	<p>Mini NEA Practice: Complete a brief 'how to' plan, write a hypothesis, complete a practical to support a brief and evaluate findings</p> <p>Meat, fish, eggs: Intensive farming / provenance, types of meat, butchery and tough / tender cuts of meat</p> <p>Practical: Burgers, sweet and sour chicken, fish pie, swiss roll.</p>	<p>Soya, Tofu, Beans, Nuts, Seeds: Classification of alternative proteins, provenance, air miles and processing and storage.</p> <p>Practical: Vegetarian chilli con carne, tofu curry.</p> <p>NEA practice: Research methods, hypothesis setting, plan of action, writing up an experiment, analysis results of experiment and drawing conclusions</p>	<p>Big ideas: Food commodities Principles of nutrition Diet and good health The science of food Where food comes from Cooking and food preparation</p>	<p>Big ideas: Food commodities Principles of nutrition Diet and good health The science of food Where food comes from Cooking and food preparation</p>
Assessment:	Assessment:	Assessment:	Assessment:	Assessment:	Assessment:	Assessment:		

	Written (60 minutes)	Written (60 Minutes) Mini NEA Practice	Written (60 Minutes)	Written (60 Minutes) Mini NEA Practice	Written (60 Minutes)	Written (60 Minutes) Mini NEA Practice
Y e a r 1 1	Cycle 13		Cycle 14			
	Component 2: Principles of Food Preparation and Nutrition in Action (50% of the overall grade) Part1-NEA 1 food investigation assessment (15%)		Component 2: Principles of Food Preparation and Nutrition in Action (50% of the overall grade) Part 2-NEA 2 food Preparation Assessment (35%) Component 1: Principles of Food Preparation and Nutrition (50% of the overall grade) revision and preparation			
	Big ideas Food commodities Principles of nutrition The science of food Cooking and food preparation		Big ideas: Food commodities Principles of nutrition Diet and good health The science of food Where food comes from Cooking and food preparation			
	Assessment: NEA 1- Food Investigation Assessment (15% of the overall grade)		Assessment: NEA 2 - The Food Preparation Assessment (35% of the overall grade) Written theory examination (50% of the overall grade)			