

FOOD PREPARATION & NUTRITION

Curriculum Vision Statement

"Learn how to cook - try new recipes, learn from your mistakes, be fearless, and above all, have fun!"

Julia Child

Vision

The Northampton School for Girls' (NSG) Food and Nutrition curriculum equips students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The NSG Food curriculum encourages students to cook as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, and later in life. Advice and information is given throughout the taught curriculum so that students can make informed decisions about a wide range of further learning opportunities and careers from a wide variety of sectors such as nutritionist, artisan baker or food scientist.

Implementation

The NSG Food curriculum is carefully sequenced to provide a coherent learning journey that starts in KS3 and evolves through to learning in KS4.

Our lessons use a range of learning and teaching strategies to ensure that all students are challenged, engaged and enjoy learning about food preparation and nutrition.

Our schemes of learning focus on current and traditional aspects of our subject. We focus on developing knowledge, understanding and skills through demonstrations and regular retrieval practice. Through our sequence of learning experiences, students gain life skills and learn how to maintain a balanced diet.

The NSG Food Preparation and Nutrition curriculum makes a profound, positive impact on the outcomes of every student, ensuring steady and high levels of progress. We do this by having high expectations, by encouraging creativity and independence together with supporting students to learn from their mistakes.

KS3 topics to be covered from September 2020

Students demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment.

YEAR 7 (9 WEEKS)

- Food hygiene.
- Knife skills and safe use of oven, grill & hob and other equipment.
- Sensory analysis & evaluation.
- Nutrition & balanced diet.

Recipes include; Fruit salad, Croque Monsieur, cheese scones, layered pasta salad, Delmonico potatoes, noodles and fruit traybake.

Extension tasks; apple swan, emulsion salad dressing, perfect plant salad, ratatouille, custard.

YEAR 8 (9 WEEKS)

- Consequences of a poor diet.
- Farming methods.
- Avoiding cross contaminating.
- Safely preparing and storing meat products.

Recipes include; Homemade burgers (meat or vegetarian), smoked haddock samosas, scone-based pizza, Thai green curry and rice, fruit pasties, macaroni cheese, chicken or vegetable chow mein.

Extension tasks; Parmentier potatoes, Asian slaw, pesto, stir fry sauce, lemon drizzle icing, portioning of a chicken leg.

YEAR 9

Students specialise and study one DT subject for the whole year

- Food safety.
- Food choice.
- Nutrition & health.
- Food provenance.
- International cuisine.
- Food science and investigating the functions of ingredients.
- High level cooking skills.

Recipes include; Frittata, lasagne, bread, breaded chicken, Victoria sponge cake, lemon cheesecake, pasta bake, vegetable tacos, chocolate chip cookies, Asian glazed salmon, Japanese gyosa, orecchiette con broccoli & tomatoes, Katsu curry, spinach and ricotta gnocchi, Chelsea buns roast chicken, shortcrust pastry, jam & scones, choux pastry, chow mein, meringues.

KS4 GCSE AQA Food Preparation and Nutrition

Food Nutrition and Health
Food Science
Food Safety
Food Choice
Food Provenance

YEAR 10

Students develop their understanding of the science of food, in the single lesson, together with progressing their practical skills during the double lessons.

1. recipes related to the macro and micronutrients being studied.
2. recipes related to the functions and properties of each nutrient.
3. recipes relating to food safety and food presentation.
4. recipe selection, and recipes relating to international cuisine.
5. recipes relating to food sources and sustainability, preparation for a practice NEA2.
6. practice 3 hour practical and practice NEA1.

YEAR 11

Non-Exam Assessment tasks are completed - a combination of written and practical work.

- NEA1 Food Investigation task (15% of grade).
- NEA2 Food Preparation task (35% of grade).
- Revision of theory topics covered in Year 10 and exam question technique.

Written exam (50% of grade)

Assessment

Students at KS3 are assessed on both practical skills and theory knowledge in each DT rotation by a range of assessments. Students' progress is tracked to ensure that progression is being made by all at appropriate individual levels.

In KS4 practical skills are assessed and feedback given on at least two occasions during each half term. Theory knowledge is also assessed each half term.

Independent Learning

All students have access to the GCSE online text book and we encourage independent study using this resource in order to expand and deepen students' understanding of topics covered in lessons. All recipes are published on Google classroom so that students can act on feedback given in lessons, making improvements to their products if they choose to make them again at home.

Home Learning tasks are set every 2 weeks for Year 7 and 8 which directly relate to topics studied in lessons and products made in practicals. Year 9 and GCSE students are set Home Learning activities each week. Home Learning aims to reinforce and build on the knowledge and understanding learnt in lessons, giving students the opportunity and the time to research and explore topics in greater depth.

Knowledge Organisers can be used by students to help reinforce the learning in lessons and prepare for assessments by giving the student a concise summary of the topics covered in each rotation or term.

www.illuminate.digital/aqafood

