



St George's School

Food Prep & Nutrition

KS4 Curriculum

PRIOR KNOWLEDGE <i>Knowledge and skills from KS3</i>	All students will have studied Food Preparation & Nutrition at Key stage 3 and will have covered the basics of: Food Provenance; Food Safety & Hygiene; Nutrition & Health and Food Science.
COURSE DELIVERY & STRUCTURE <i>How the curriculum is delivered</i>	<p>Lessons: Students will receive five lessons per fortnight in both Year 10 and Year 11.</p> <p>Grouping: Students are taught in mixed ability classes.</p> <p>Structure: Our curriculum builds upon KS3 and seeks to develop students' practical skills, in order to develop a deeper understanding of preparing complex dishes. Food science and nutrition also features heavily, in order to investigate and understand the scientific role and function of food.</p> <p>Prep: Prep is set once or twice per week. Prep will predominantly consist of knowledge consolidation, pre-reading tasks or continuation of NEA tasks.</p>
QUALIFICATION <i>Exam Board, aim and objectives</i>	<p>GCSE Food Preparation and Nutrition AQA (8585)</p> <p>AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.</p> <p>AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation</p> <p>AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.</p> <p>AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others</p>
ASSESSMENT <i>Internal monitoring and final assessment</i>	<p>Internal Assessment:</p> <p>Summative assessment at the end of each topic area and on-going assessment of NEA style tasks. Year 10 & 11 Mock exams</p> <p>Final assessment:</p> <p>NEA 1 - Food Investigation, commencing September of Year 11, ending November Year 11;</p> <p>NEA 2 - Food preparation assessment, commences in January of Year 11 and completes on March Year 11.</p> <p>1 Exam Paper - Food, nutrition and health; . Food science; Food safety; Food choice; Food provenance - 1 Hour & 45 Minutes.</p>
BREADTH	We encourage all students to engage with food related websites and text and to investigate new skills and processes at home and in school. Students should be encouraged to look through recipe books at home or online.

	SUBJECT KNOWLEDGE <i>Overview of topics</i>	SKILLS & STRATEGIES <i>Procedural knowledge</i>
Autumn Y10	Nutrients; Nutritional Needs & Health; Heat Transfer;	Food Skills - Roux; Blended Sauces; Fish Filleting; Fruit & Vegetable Prep; Caramelisation & Dextrinization; NEA 1 Trial; Food Skills - Dough making for bread and pasta and pastry; Piping Skills; Chemical raising agents; Aeration;
Spring Y10	Functional & Chemical Properties of Food; Food Spoilage & Contamination	
Summer Y10	NEA 2 trial.	NEA 2 Trial; presentation skills
Autumn Y11	NEA 1	Research; Planning Food Investigations; Evaluating Food Science Experiments.
Spring Y11	NEA 2	Researching Nutritional Needs; Developing Recipes; Preparing & Presenting Food For Specific Users.
Summer Y11	Exam Revision	Analytical writing for exam topics.