**Food & Nutrition Key information**

**“No-one is born a great cook; one learns by doing.” - Julia Child**

Food and Nutrition now constitutes a distinct and compulsory element throughout Key stage three, with the aim of ensuring that all students understand and apply the principles of nutrition and learn how to cook. The programme of study asserts that, instilling a love of cooking in students will open a door to one of the great expressions of human creativity and that learning how to cook is a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

* understand and apply the principles of nutrition and health;
* cook a repertoire of dishes, so they can feed themselves and others a healthy and varied diet;
* become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combining ingredients by adapting and using their own recipes
* develop their practical skills, with a focus on higher level skills and presentation, each academic year.

**Meet the Food Department:**

**Vicki Glaister -** Teacher of Food - (BSc (hons) Food and Human Nutrition, PGCE).

**Joanne Ellwood -** Food Technician.

**KS4 Curriculum**

GCSE Food Preparation and Nutrition is a preference subject at Key Stage 4. Students study the AQA Food Preparation and Nutrition course.

This course is split into two components Non-Examined Assessment and a Written Examination.

**How will my course be assessed?**

All assessments take place in year 11

**September – December**. NEA Task 1 – Food Science Investigation (10 hours) = 15% of GCSE

**December – February.** NEA Task 2 – Food Preparation Assessment (20 hours including a 3 hour assessment) = 35% of GCSE

**May – June.** 1 hour 45 minute exam = 50% of GCSE

**Year 10**

During the course you will be given the opportunity to practise a **wide range of skills** along with having a greater understanding of **nutrition**, the **science** behind food as a material and **wider environmental aspects** associated with food.

The course structure has been designed to develop students’ knowledge and understanding relating to;

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

Throughout the course students develop their food preparation development skills.  They are able to work more independently, selecting and developing recipes to meet certain needs and briefs. They will master culinary skills and investigate the science behind food and cooking. Students will develop high-level practical skills and make the connection between theory and practice. Students will also develop transferable skills of problem solving, organisation and time management, planning and communication.

**Year 11**

The second year of the course will comprise mainly of preparation for the written and practical assessments. The Non-Examined Assessment will consist of two tasks involving practical work. Both tasks are set by the exam board and will be carried out during the Autumn and Spring terms of Year 11. In task one, students carry out an investigation into the scientific principles that underpin the preparation and cooking of food, while in task two they plan, prepare, cook and present three dishes for their chosen topic. The exam board provide three topics: cuisine from another culture, cuisine for a specific group of people e.g. children or teenagers and cuisine based on a dietary need.

Pupils will enjoy Food Technology if they are organised and enjoy experimenting with food. It is more important for pupils choosing the course to enjoy a large variety of foods than have a natural flair for cooking; I will teach you how to cook!

For more information about the GCSE Food Preparation and Nutrition specification use the following link:

[GCSE Food Preparation](https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585)

**How will it help me in the future?**

*Food Technology is one of the world’s fastest growing industries. In fact, over 20% of the top 100 British Companies are in food manufacturing.*

*The food and drink industry is booming, with employment reaching the heights of 650,000 people and an annual turnover of £66 billion. The opportunities to work within the food industry really are endless. The food industry contains many multinational companies and opportunities for travel or work abroad exist for those who wish to spread their wings.*

**Future careers and vocations:**

Students can continue to study Catering at college, or they can continue with science/sport courses; to later study Food Science, Food and Human Nutrition, Dietetics or Sports Nutrition. These courses can lead to various careers within the Food and Nutrition industry.

**Some examples of careers in food are:**

Dietician / Nutritionist, Food Sales and Promotion, Product Development, Consumer Technologist (Sensory Analysis and Product Tasting), Chef / Baker / Caterer, Food Journalist / Food Critic, Environmental Health Officer, Health & Safety Inspector, Food Service Management, Delicatessen / Restaurateur, Food Wholesaler, Production & Manufacturing, Quality Assurance / Standardisation, Purchaser (buys and sells food from around the world), Store Manager – Supermarket or Fast Food Chains, Packaging Technologist, Teacher (clearly the best career….)

**Contacts:**

[Victoria.glaister@sjchs.uk](mailto:Victoria.glaister@sjchs.uk)

**Enrichment**

Competitions

* Extra-Curricular Clubs: Project X – Year 7
* ‘Bake off’: Year 7/8

**Resources**

Please Click the following links to view the Learning Journey Roadmaps:

[Food\_Learning Journey](https://sjchs.uk/wp-content/uploads/Food_Learning-Journey.pdf)