



GCSE Food preparation & Nutrition

Why choose GCSE Food and Nutrition?

- ☐ You have a passion for cooking.
- ☐ To learn the techniques to make quality dishes.
- ☐ To improve your cooking skills and be able to cook for yourself and others.
- ☐ To gain skills for life.
- ☐ If you are considering a career in Food.
- ☐ To learn about the nutrition in dishes, which are unhealthy and how to make them healthier.
- ☐ If you are interested to find out the science behind cooking. Why are eggs used in cooking? Why do meringues need to go on a low heat? What happens when a cake bakes? How will I know when a roux sauce has thickened? What is the science behind the thickening process? Why do you knock back bread once it has proved?



Food preparation and nutrition key skills:

Pasta making and drying
Pastry making
Folding
Layering



Food preparation and nutrition key skills:

Filleting
Pasta making
Ravioli making
Slicing
Handling raw meat and fish





The Blessed Robert Sutton Learning Journey



Demonstration of technical skills in year 10

Blessed Robert Sutton Catholic Voluntary Academy

Academic excellence, spiritual development and social awareness through Christ



Our Inspiring Curriculum



KS4 Curriculum Intent for Food and Nutrition at Blessed Robert Sutton Catholic Voluntary Academy

	<p>Overall aim of Food and Nutrition: By studying Food and Nutrition at Blessed Robert Sutton all pupils from Year 7 to Year 11 will gain a coherent knowledge and understanding about diverse places, people, resources and natural and human environments, together with a deep understanding of the Earth's key physical and human processes enlightened by the Sutton Way.</p>
	<p>Subject will teach spiritual development by</p> <p>Food and Nutrition will teach spiritual development by pupils developing an appreciation of God's creation and an understanding of the spiritual connections to food choices. Pupils will understand the importance of the food we eat and the religions people observe. Pupils will learn about the world we live in and how of food choices effect the planet for future generations.</p>
	<p>Subject will teach social excellence through</p> <p>Food and Nutrition will teach social excellence through a range of teaching strategies that allow opportunities for pupils to work effectively as a community. Class discussions will develop pupils' abilities to work effectively as a team; communicating, respecting, listening and developing each other's ideas. Students will look at how food and meal times plays an active part ion social development.</p>
	<p>Subject will teach academic excellence by</p> <p>Food and will teach academic excellence by developing an understanding of the key theories behind food and nutrition and food science. Teaching will equip pupils to understand, the key theory behind nutrition and food, food science and why we need to eat a balanced diet. Students will continue to develop their practical skills and apply a broad range of skills in their practical work. Pupils will develop their knowledge and understanding of the function of key ingredients both in recipes and also in the diet. Pupils will use their scientific knowledge of ingredients to make predictions, carry out experiments and record and evaluate their findings. Additionally, pupils will learn how food choices can have an impact on peoples well being and the connect to special diets that people have to follow.</p>
<p>Enrichment opportunities in this subject include:</p> <p>Curriculum challenges</p> <p>Seasonal lunch time cooking clubs</p> <p>Visitors in school from e.g University for food science/ Vegetarian Society</p>	

KS4 Food Preparation and Nutrition

Our key stage 4 FOOD curriculum aims to ensure the following skills and knowledge are developed for them to achieve a GCSE in Food Preparation and Nutrition

Food and Nutrition in our school will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. Our curriculum will encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life. Through food and nutrition, students will demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment. Develop knowledge and understanding of the functional properties and chemical processes as well as 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. Develop and understanding of the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and 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

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Course outline



GCSE consists of 3 elements:

1. 50% written exam in year 11
2. NEA 1 15%
3. NEA 2 35%

NEA 1 – Food Science Investigation 15% of GCSE

Practical and written report.

Task Example:

Gluten formation is essential when making different types of dough. Investigate the functional and chemical properties of a flour based dough. Eg Bread.

- Brief set by the exam board
- Set hypothesis
- Research
- Plan
- Carry out
- Conclude

APPLE SCIENCE!
Use acids and bases from your kitchen for an apple experiment!



NEA 2 – Food Preparation 35% of GCSE

Technical skills practical practical's and final practical exam with a written report.

Task examples task:

To plan, prepare, cook, and present a range of dishes which are based on a European cuisine. Present three final dishes



**NEA 2
FOOD PREPARATION
35% OF FINAL
GRADE – JANUARY
YEAR 11**

- ✓ Brief set by the exam board
- ✓ Research carried out and dishes trialled
- ✓ Planning
- ✓ 3 dishes prepared, cooked and served in controlled conditions in 3 hours

Enrichment and Extra Curricular





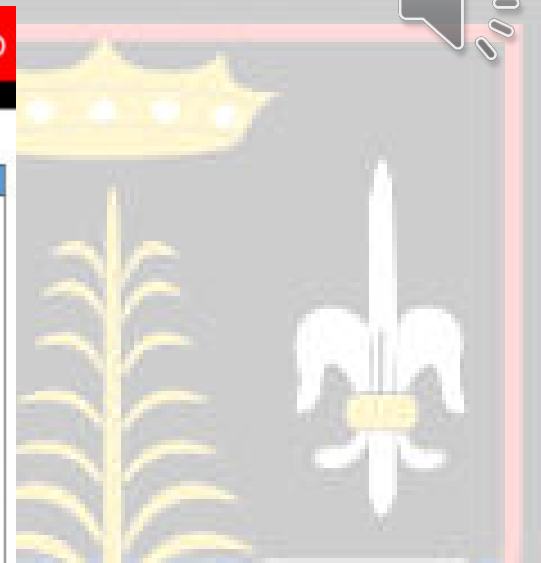


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ABLE - GIFTED - TALENTED

KS4 Food and Nutrition Super Curriculum

Books	Websites/Documentaries/Podcasts	Name Of Task
<p>Chew on this – Everything you don't want to know about Fast Food Erik Schlosser</p> <p>Fast Food Nation – What the all American Meal is doing to the World Erik Schlosser</p> <p>The Science of Food Marty Jopson</p>	<p>Podcasts</p> <p>BBC Teach: AQA Food preparation and Nutrition clips https://www.youtube.com/watch?v=rd8W2bc7hai4</p> <p>Love Food Love Science clips https://www.youtube.com/user/97nicahNutrition</p> <p>Use these excellent resources to read up on topics that interest you!</p> <p>Jimmy's Food Factory Various episodes https://www.bbc.co.uk/programmes/b00v09ou/c/ips</p> <p>Love Food Love Science https://www.youtube.com/watch?v=rd8W2bc7hai4 https://www.youtube.com/watch?v=5el6h0y0Ww https://www.youtube.com/watch?v=1f1a85G8R0c https://www.youtube.com/watch?v=1f1a85G8R0c https://www.youtube.com/watch?v=1f1a85G8R0c</p>	<p>Things to do:</p> <p>Practical skills development https://www.bbc.co.uk/food/recipes https://www.bbc.co.uk/food/recipes https://www.bbc.co.uk/food/recipes https://www.bbc.co.uk/food/recipes</p> <p>Explore SENECA → </p> <p>Explore Food a Fact of Life (Age 14-16)</p> 
<p>Name of Film</p> <p>BBC 1 player</p> <p>Food: Truth or scare</p> <p>Series 5 Episode 1 and 2</p> <p>More episodes available</p>	<p>Links to pre-recorded lessons to help you delve further</p> <p>https://www.youtube.com/watch?v=0-PM5C6P9VQ https://www.youtube.com/watch?v=0-PM5C6P9VQ https://www.youtube.com/watch?v=0-PM5C6P9VQ https://www.youtube.com/watch?v=0-PM5C6P9VQ https://www.youtube.com/watch?v=0-PM5C6P9VQ</p>	



"Your talent is God's gift to you; what you do with it is your gift to God." Leo Buscaglia




Cooking Challenges

Cooking Challenge w/1st February

Challenge #2 - 4 ingredients
You need to use the following ingredients in your recipe:
Banana or seasoning of choice
Mango
Chicken or Fish
Green beans


Now use your three ingredients and create something!
Submit your recipe and picture to Mrs Langston by email.
Juni



Firefly resource section

Food and Nutrition

KS4 GCSE Food Preparation and Nutrition



The 2020 Junior Cake-off competition

Are you sieving the dream in the kitchen? Can you rise to the occasion? Whatever tickles your fondant fancy, its all or muffin in this years competition!

If you are in year 9 or 10 and would like to take part in this exciting competition against other schools
See Mrs Langston in B105
To register your interest

Design brief:
Bake and decorate a cake with Japan 2020 Olympics' theme.
The recipe and style is up to you!
Lets get creative!





Prizes:
1st Prize £100 for the student and equipment for winning school
2nd Prize - £50 for the student
2 x runners up - £25 for each student





What our students think...

"Balance of practical skills and knowledge"

"I chose cooking because its something I enjoy. I enjoy learning all the science behind the way food works and what makes it. The practices are always amazing and fun to do and I enjoy every minute of the subject. "

"lets us be creative and independent"

"DT subjects develop essential life skills"



Be inspired with a career in food

Careers are as diverse as the food we eat!

From farm to fork – careers that feed the nation



Producing

- Agriculture
- Aquaculture and fishing
- Agronomy (soil and crop science)
- Forestry and land management
- Animal husbandry
- Horticulture



Processing

- Food safety and quality
- Nutrition
- Food science
- Packaging
- Ingredient purchase and sales
- Primary processing and manufacturing
- New product development
- Technology and engineering



Providing

- Events management
- Professional cookery
- Hospitality and catering
- Retailing

From farm to fork – careers that inform the nation



Advising

- Dietetics
- Health care
- Environmental health
- Nutrition



Educating

- Research
- Teaching
- Resource production
- Training



Communicating

- Advertising
- Food styling
- Campaigning
- Food writing
- Designing
- Marketing

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