

Westfield Academy - Curriculum Information

What your child will learn in ...

Food Preparation and Nutrition

Head of Department	Mrs A Crabbe	
Head of Department email	ACR@westfield.academy	
Lessons per 2 week cycle	4	
Specification/Board details/Key stage	AQA	

Term by term

Rotation 1	Rotation 2	Rotation 3
Year 7		
DT (please see their page for more information)	DT (please see their page for more information)	Food & Nutrition. Theory lessons: Students are introduced to the fundamentals of food and nutrition including preparing food safely, measuring ingredients accurately, understanding government guidelines to healthy eating and the effects of an unhealthy or healthy diet. Practical lessons: Students are taught how to cook and apply the principles of nutrition and healthy eating by making a combination of healthy sweet and savoury dishes including; roasted vegetables with couscous, chicken nuggets, apple crumble, etc.
Year 8		
DT (please see their page for more information)	DT (please see their page for more information)	Principles of Nutrition & Food provenance. Theory lessons: Students develop skills previously learned, build new skills and techniques whilst advancing students knowledge of food preparation and Nutrition such as causes of food poisoning bacteria, the

		functions, sources, and effects of macro and micro nutrients, and how food is produced and processed. Practical lessons: Students continue developing a range of technical cooking skills and the use of equipment via making a combination of healthy sweet and savoury dishes including: Vegetable Stir Fry, Dutch Apple Cake, Chicken Fajitas, etc.
Year 9		
DT (please see their page for more information)	DT (please see their page for more information)	Food choice (factors affecting food choice) Theory lessons: Students deepen their knowledge on the principles of food safety, investigate the effects of enzymes, acquire knowledge of how non-pathogenic microorganisms are used in food production, recognise factors that affect food choice and develop awareness of how to conduct an NEA task. Practical lessons: Students' technical skills are enhanced through a range of medium to complex level skills and the competent use of equipment whilst developing bread making skills, pastry making skills and a range of international cuisine dishes.
Key Skills developed	Practical skills - Acquire and develop confidence and competent cooking skills by producing mostly savoury foods. The range of skills include: • Basic knife skills (bridge and claw grip) Safe use of equipment (grater, peeler, hob, oven) Following a simple recipe step-by-step Measuring ingredients accurately (using cups, spoons, digital scales) Hygienic work habits (handwashing, clean surfaces, avoiding cross-contamination) Basic food preparation techniques (mixing, peeling, chopping, grating) Simple cooking methods (boiling, baking, grilling) • Confident use of a wider range of tools (e.g. hand-held mixers, rolling pins, frying pans) Applying heat-based cooking techniques (frying, roasting, steaming) Combining ingredients using methods like rubbing-in, creaming, kneading Working more independently and managing time effectively Preparing more complex dishes • Advanced knife skills and precision in presentation Multi-step cooking processes and time planning Modifying recipes to meet dietary needs or improve nutrition Quality control during food preparation (consistency, taste	

	testing) Safe handling and storage of raw and cooked food Team collaboration on practical tasks or mini-projects Theory - Develop in-depth knowledge and understanding of a range of topics including: • Introduction to the Eatwell Guide and balanced diets • Basic food hygiene and kitchen safety rules • Identifying food groups and their functions in the body • Introduction to seasonality and locally grown produce • Awareness of food allergies and dietary needs • Understanding food labels (ingredients, allergens) • Functions of nutrients in the body (carbohydrates, proteins, fats, vitamins & minerals) • How food choices affect health (short- and long-term) • Environmental impact of food choices (food miles, sustainability) • Deeper understanding of food provenance (origin, climate impact, fair trade) • Exploring cultural influences on food • Introduction to food science (how ingredients behave when cooked or combined) • In-depth study of macro- and micronutrients and deficiency/excess symptoms • Food spoilage, preservation methods, and storage • Detailed food science concepts (gelatinisation, coagulation, emulsification) • Influences on food choice (moral, ethical, religious, personal) • Food labelling laws and nutritional analysis • • Making informed consumer choices (cost comparison, branding, advertising) of materials and their properties and new technologies, Creativity, Research, giving and receiving feedback, analysis, Designing, drawing, accuracy, attention to detail
Useful Websites	Nutrition & Healthy Eating NHS Change4Life – Food Facts https://www.nhs.uk/change4life/food-facts Engaging facts about sugar, fat, salt, and healthy eating habits. British Nutrition Foundation – Food: A Fact of Life https://www.foodafactoflife.org.uk/ Free resources by age group. Covers food provenance, cooking skills, health, and nutrition. NHS Eatwell Guide

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Core government guide for balanced eating. Visual and easy to understand.

Cooking Skills & Recipes

BBC Good Food – Skills & Techniques

<https://www.bbcgoodfood.com/howto/guide/skills>

Knife skills, baking basics, sauces, and more. Great for practical confidence.

Tesco Real Food – Kids’ Recipes

<https://realfood.tesco.com/recipes/collections/kids-cooking-recipes.html>

Student-appropriate recipes with step-by-step guides.

Jamie Oliver – Learn to Cook

<https://www.jamieoliver.com/features/learn-to-cook/>

Core techniques like chopping and seasoning. Includes healthy, affordable meals.

Food Provenance & Sustainability

BBC Bitesize – Geography: Food and the Environment

<https://www.bbc.co.uk/bitesize/topics/zq382hv>

Climate, food miles, and fair trade explained clearly.

WWF – Sustainable Food

<https://www.wwf.org.uk/what-we-do/area-of-focus/food>

Environmental impact of food production and diets.

Fairtrade Foundation – Schools

<https://schools.fairtrade.org.uk/>

Explains global food trade with case studies and campaigns.

Food Science & Curriculum Support

BBC Bitesize – Food Preparation and Nutrition

<https://www.bbc.co.uk/bitesize/subjects/zfr9wmn>

Revision notes, quizzes, and videos covering food science

	and nutrition. Seneca Learning – KS3 Food Preparation & Nutrition https://senecalearning.com/en-GB/blog/ks3-food-preparation-and-nutrition-revision/ Free interactive revision with progress tracking. Oak National Academy – Food Preparation and Nutrition https://classroom.thenational.academy/subjects-by-key-stage/key-stage-3/subjects/food-preparation-and-nutrition Complete video lessons and tasks for catch-up or homework.
Reading/Literacy requirements /Key Words	1. Food, Nutrition and Health Reading & Literacy Requirements • Read and interpret the Eatwell Guide and dietary recommendations. • Understand the role of nutrients and their impact on health. • Identify health risks of unbalanced diets through written case studies. • Write explanations for the function of nutrients in the body. Key Words Nutrients, Carbohydrates, Protein, Fat, Vitamins, Minerals, Fibre, Water, Balanced diet, Obesity, Deficiency, Malnutrition, Allergy, Intolerance, Hydration. 2. Food Safety Reading & Literacy Requirements • Read and follow food hygiene instructions and safety posters. • Interpret symbols on food packaging (use-by dates, allergens). • Write accurate hygiene rules and safety checklists. • Understand texts about bacteria, contamination and food poisoning. Key Words Hygiene, Contamination, Cross-contamination, Bacteria, Salmonella, E. coli, Temperature, Storage, Cleaning, Personal hygiene, Foodborne illness, Danger zone, Defrost, Cook thoroughly. 3. Food Choice Reading & Literacy Requirements • Compare ingredients and products using labels and packaging. • Explore texts on cultural, ethical and moral food choices. • Write persuasive arguments for or against food choices. • Interpret dietary needs based on religion, lifestyle or health. Key Words Culture, Religion, Lifestyle, Vegetarian, Vegan, Halal, Kosher, Ethical, Sustainable, Organic, Fairtrade, Cost, Advertising, Allergy, Preference. 4. Food Provenance Reading & Literacy Requirements • Read maps, packaging and articles about food origin and production. • Understand the impact of seasonality and food miles. • Write descriptions of how food is grown, reared, and processed. • Interpret sustainability issues in food sourcing. Key Words

	Provenance, Seasonality, Food miles, Sustainability, Fairtrade, Organic, Climate, Import, Export, GM foods, Primary processing, Secondary processing, Carbon footprint
Homework requirements	Once every week which is posted on google classroom.
Personal Development Links	Students are given a recipe weekly in addition to the weekly homework set, this is voluntary however, students are encouraged to help prepare dinners at home and also to cook at home using the given recipe.
Trips/Visits (If applicable)	Not at the moment.