

Food Preparation and Nutrition		
CURRICULUM INTENT & VISION (THE BIG PICTURE)	<p>What are the objectives for your curriculum? How does your curriculum reflect national policy (for example, British values and PSHE) How does it cater for disadvantaged and minority groups? Focus on the curriculum, not just the need to do an exam.</p> <p>Curriculum Intent /Vision/Aim:</p>	<p>The National Curriculum FPN GCSE subject content sets out the knowledge, understanding and skills common to all GCSE specifications in food preparation and nutrition to ensure progression from key stage 3 national curriculum requirements, and the possibility of development for further study. It provides the framework within which awarding organisations create the detail of the subject specification. GCSE specifications in food preparation and nutrition must reflect the subject aims and learning outcomes. In Westfield Academy, the GCSE specification in food preparation and nutrition equips all students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The curriculum encourages students to cook and enables them to make informed decisions / choices about a wide range of further learning opportunities, including various career pathways, whilst developing vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.</p>
IMPLEMENTATION/DESIGN	<p>How does your curriculum plan set out the sequence and structure of how it's going to be implemented</p>	<p>With consideration to the above, this scheme of learning has been developed for Year 10 students studying AQA GCSE Food Preparation and Nutrition (8585). It is a practical and creative course which focuses on giving students the necessary skills and subject knowledge to provide the foundation for the NEA's and final written examination in year 11. This scheme of work is intended to be a flexible course covering at least 40 lessons in year 10. This SOW has been adapted from the original AQA SOW for year 10, it builds on theory knowledge / units covered in year 9 and prepares students for their GCSE exams in year 11. The SOW covers the following AQA specification requirement: Autumn term – Section 3 (Food safety - chapter 5 & 6), Section 4 (Food choice - chapter 9), Section 1 (Food, nutrition & health - chapter 1). Spring term – Section 1 (Food, nutrition & health - chapter 2) and Section 4 (Food choice - chapter 7). Summer term – Section 2 (Food science – chapter 3 & 4), and section 6 – Mini NEA 1 project. Section 3 - Food safety is constantly reviewed via practical lessons. Students must acquire and develop the following food preparation skills: The food preparation skills have been integrated throughout the scheme of work and linked where appropriate to the subject content. Students are taught how and when to use different food preparation skills to achieve a range of different outcomes. There are recipe suggestions included in the specification as suitable examples, at Westfield Academy, we provide students with a wide range of recipes to acquire and demonstrate a variety of skills. The skills include: 1. General practical skills including: weighing, measuring, preparing ingredients and equipment, correct cooking times, testing for readiness and sensory testing. 2. Knife skills including: fruit, vegetables, meat fish or alternatives. 3. Preparing fruit and vegetables. 4. Using the cooker including: the hob, grill and oven. 5. Use of equipment including: blenders, food processors, mixers, pasta machines and microwave ovens. 6. Cooking methods including: steaming, boiling, simmering, blanching, poaching and frying. 7. Techniques to prepare, cook and combine different ingredients. 8. Sauce making including: starch based, reduction and emulsions. 9. Tenderising and marinating different ingredients. 10. Making dough including: bread, pastry and pasta. 11. Use of raising agents including: eggs, chemical, steam and biological. 12. Setting of mixtures through use of heat and egg protein.</p>

<p>OUTCOMES/IMPACT</p>	<p>What do you want pupils to be able to know and do by the time they leave?</p> <p>On completion of this unit/course a learner should.....</p>	<p>By the end of the academic year, students would have acquired knowledge and understanding on the following:</p> <p>Section 1 (Food, nutrition and health)</p> <ul style="list-style-type: none"> - Chapter 1 - Nutrients - Chapter 2 - Nutritional needs and health. <p>Section 2 (Food science)</p> <ul style="list-style-type: none"> - Chapter 3 – Cooking of food and heat transfer - Chapter 4 – Functional and chemical properties of food. <p>Section 3 (Food safety review)</p> <ul style="list-style-type: none"> - Chapter 5 – food spoilage - Chapter 6 – principles of food safety <p>Section 4 (Food choice)</p> <ul style="list-style-type: none"> - Chapter 7 – Factors affecting food choice - Chapter 8 – British and international cuisines - Chapter 9 – Sensory evaluation <p>Section 6 (Assessment)</p> <ul style="list-style-type: none"> - Review and or catch-up on missing sections / topics - NEA 1 – Mocks - NEA 2 - Mocks <p>All students would be given the opportunity to practise and develop a range of cooking skills (S1 – General practical skills, S2 – Knife skills, S3 – Preparing fruit and vegetables, S4 – Use of the cooker, S5 – Use of equipment, S6 – Cooking methods, S7 – Prepare, combine and shape, S8 – Sauce making, S9 – Tenderise and marinate, S10 – Dough, S11 – Raising agents and S12 – Setting mixtures).</p>
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