



Subject: GCSE Food Preparation and Nutrition

Year Group: **Year 10 & 11 GCSE**

Curriculum Intent:

Food and Nutrition is an inspiring, rigorous and practical subject. Using creativity and imagination, all pupils design and make products that solve real and relevant problems within a variety of contexts, considering their own and others' needs, wants and values. They acquire a broad range of subject knowledge and draw on disciplines such as mathematics, science, computing and art. Pupils learn how to take risks, becoming resourceful, innovative, enterprising and capable citizens. Through the evaluation of past and present food technology, they develop a critical understanding of its impact on daily life and the wider world. High-quality food and nutrition education makes an essential contribution to the creativity, culture, wealth and well-being of the nation.

This is done through:

- Providing all basic ingredients for all pupils whilst additional or alternative options are voluntarily supplied by pupils allowing individual expression.
- As is reasonable within the classroom context, accommodating individual dietary requirements, religious choices and allergy needs.
- Exploring a wide range of cuisines, dishes, foods and ingredients.
- Developing tolerance and respect amongst pupils through learning about food choices made on the basis of culture, religion and beliefs.
- Recognising the implication of freedom of choices on the welfare of producers, the environment, the local and global economy (e.g. seasonality, animal welfare, Fairtrade, food miles, etc)
- Providing opportunities to explore the opportunities for further study and career prospects in Food and Nutrition.

College Values:

Pupils work collaboratively and co-operate with each other and staff to affect change in the classroom, the school and in the wider community (pupil voice, Healthy Schools, etc).

Pupils develop a basic understanding and respect of the legal requirements surrounding food production, labelling and selling.

In Food and Nutrition, we actively work to develop tolerance and respect amongst pupils through learning about food choices made on the basis of culture, religion and beliefs. Pupils will learn to recognise their responsibility and stewardship when exercising free choice by fully exploring the implication of food choices on the welfare of producers, the environment, the local and global economy (e.g. seasonality, animal welfare, Fairtrade, food miles, etc).

Knowledge and Skills:

By studying food preparation and nutrition learners will:

- be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment





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- develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of 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
- understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, 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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Assessment:

Pupils will be assessed during lessons through self, peer and teacher verbal feedback and adapt their work as it develops.

Practical work is assessed verbally during the lesson with self assessment carried out through evaluations.

Formal assessments will take place in a range of ways; end of unit tests, mock NEA tasks and mock written exams in preparation for the final exam tasks.

Homework:

Homework will be set through Google Classroom and will include research tasks, evaluations of practical activities and consolidation quizzes using Seneca Learning.

Cultural Capital:

We recognise the context of our community and aim to equip all students with the cultural capital to enable them to access their next steps by providing opportunities to explore the opportunities for further study and career prospects in Food and Nutrition.

Pupils are offered the opportunity to work with and taste a wide range of cuisines, dishes, foods and ingredients that they may not necessarily be familiar with.

<https://www.foodafactoflife.org.uk/>

<https://www.westking.ac.uk/courses/?cat=353>

<https://www.ifst.org/lovefoodlovescience>

