

# COOKING & NUTRITION

In the first three years, students study Cooking and Nutrition as part of the Technology carousel, with two extended learning periods. The focus is on the development of knowledge of nutrition and health and the application of technical skills through a range of practical outcomes.

## **Aims of the subject**

As part of their work in Cooking and Nutrition, students are taught how to prepare and cook food safely, applying the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill and the subject teaches students to feed themselves and others, now and later in life. Students cook a variety of predominately savoury dishes, that contribute to a healthy and varied diet.

## **Overview of KS3**

Students are taught to:

- Understand and apply the principles of nutrition and health.
- Cook a repertoire of predominantly savoury dishes so that they are able to 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 combine ingredients; adapting and using their own recipes).

## **What will be studied in Year 7**

Students are taught through practical and theory work:

- To understand the basic nutritional requirements, based on the “Eatwell Guide”.
- To understand the signs of food spoilage and basic food safety.
- To understand where food comes from and what foods are available each season.
- To use cooking techniques to produce food that could be eaten as part of a healthy main meal or snack.

## **What will be studied in Year 8**

Students are taught through practical and theory work:

- To apply the requirements of the “Eatwell Guide” with more informed understanding.
- To understand the function of energy in the body.
- To understand the science behind ingredients used within certain recipes.
- To use new skills and equipment; to produce healthy balanced main meals or snacks.

## **What will be studied in Year 9**

Students are taught through practical and theory work:

- To use their understanding of the “Eatwell Guide” to adapt recipes.
- To consider different dietary requirements when planning meals for specific needs.
- To use new skills and equipment to produce healthy balanced main meals or snacks that celebrates food from a specific country.
- To understand how heat is transferred through food science.

# FOOD PREPARATION AND NUTRITION - GCSE

## Examination Board:

AQA

## Course content:

In this specification, students focus on practical cooking skills, giving them a thorough understanding of nutrition, food provenance and the working characteristics of food materials.

## Assessment:

### Paper 1

Written examination worth 50% of the marks, testing theoretical knowledge of specification subject content.

- Section A: Multiple choice questions 20 marks
- Section B: Five questions varying in styles of approach and content 80 marks

## Non-exam assessment:

This is worth 50% of the marks, through:

### Food investigation, worth 15% of the marks

Students write a report on their understanding of the scientific principles that underpin the preparation and cooking of food.

### Food Preparation assessment, worth 35% of the marks

Students will plan, prepare, cook and present a three course menu within 3 hours.

They will also produce a concise portfolio that:

- Demonstrates their application of technical skills and their practical outcomes
- Explains how they planned and carried out the preparation, cooking and presentation of their 3 final dishes
- Includes an evaluation of cost, the sensory properties and nutritional characteristics of each dish

*Further information from Miss G Roussos*