



CHS Curriculum Intent

SUCCESSFUL: Learners who gain deep and powerful knowledge in preparation for life; combining academic rigour, curiosity and creative flair.

CREATIVE: Learners who are imaginative, optimistic and inventive; finding their voice to become effective communicators prepared for lifelong adaptability

HAPPY: Learners who are confident, resilient, well-rounded citizens; they understand the world’s communities and are ready to discover their place in it.

CHS Curriculum Area Framework for Learning – Food Preparation and Nutrition – Year 10

SUBJECT	GCSE Food Preparation and Nutrition (AQA)
INTENT	<p style="text-align: center;">“To eat is a necessity, but to eat intelligently is an art.” La Rochefoucauld</p> <p>Food Preparation and Nutrition at Chorlton High school inspires students to develop and understand the relevance and importance of healthy eating in order to contribute to a healthy future.</p> <p>The food and drink industry is the UK’s largest manufacturing sector and a vital part of the UK economy. It is a diverse, vibrant, innovative and exciting industry, offering employment to people with a wide array of skills and talent.</p> <p>Studying Food preparation and Nutrition will enable students to acquire a wide range of specialist skills covering problem solving, creativity, logical thinking, an analytical approach, good communication, and teamwork. These skill sets are highly sought after by employers transferable across all industries. In studying this curriculum, we equip students both personally, preparing them for their understanding of food and nutrition but also within their potential future careers.</p> <p>Food Preparation and Nutrition provides progression to A Level, further education or onto an apprenticeship as well as supplementing as a building block to a future career in the Food and Hospitality sector.</p>

Department: Computing & Technology 2021 - 2022

Subject: Food Preparation and Nutrition

Year Group	Year 10
Rationale/ Narrative	Year 10 Food Preparation and Nutrition is used to prepare students for the forthcoming year of NEA and examination. This year will be used to enhance student’s practical skills and work on their independence to prepare them for the final practical in Year 11, building on the foundations they have acquired in year 9. As well as this student will explore the science behind food in more detail, examining how and why our food is cooked. Students will apply their knowledge of how ingredients work through practicing how to write a hypothesis and the structuring of the Food investigation task as well as this students will also explore the other key topic areas Food Provenance, Food choice, Food Safety, Food Nutrition and Health. Finally, students will explore British and International cuisines to gain a knowledge and understanding of different recipes and ingredients.



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KNOWLEDGE	<p><u>Food Preparation Skills- British and International Cuisine</u></p> <p>During this half term students will be reminded of the expectations of the course, structure, and post 16/career links. As well as this, students will have the opportunity to practice and establish food preparation skills through the exploration of British and International Cuisine. They will focus on the following areas:</p> <ul style="list-style-type: none"> British and International Cuisine- Practical link The practice and logging of different skills Sensory Evaluation 	<p><u>Food Safety and Preparing for assessment</u></p> <p>During this half term students will have the opportunity to practice exam technique developing this from year 9, as well as having the opportunity to study food safety in more detail with a particular focus on:</p> <ul style="list-style-type: none"> Microorganisms, Enzymes and Food Spoilage- knowledge retrieval Microorganisms used in food production- practical link cheese making. Food Poisoning bacteria- knowledge retrieval and extension Food Probes-Practical link 	<p><u>Food, Nutrition and Health</u></p> <p>During this half term students will have the opportunity to study Food Nutrition and health in more detail building on the foundations from Ks3 and year 9, looking at the following areas:</p> <ul style="list-style-type: none"> Recap Macronutrients Micronutrients- sources, function, deficiency, and excess Relationships between diet, nutrition, and health (obesity, type 2 diabetes). Practical link: balanced meal/low fat/sugar Recap-Energy (PAL/BMR) Nutritional Analysis- practical link nutritional analysis of dish 	<p><u>Food Choice/Nutritional Needs</u></p> <p>During this half term students will have the opportunity to study Food Choice in more detail building on the foundations from Ks3 and year 9, as well as exploring nutritional needs of groups focusing on the following areas:</p> <ul style="list-style-type: none"> Recap- factors that affect food choice Meal planning-cost and portion size Meal Planning- Nutritional need of age groups- practical link adolescent/elderly meal Meal Planning-Special diets 	<p><u>Food Provenance</u></p> <p>During this half term students will have the opportunity to study different aspects of Food Provenance in more detail and be introduced to new elements building on the foundations from year 9. The areas they will focus on are:</p> <ul style="list-style-type: none"> Technological developments (fortified, additives, Gm foods) Recap-primary and secondary processing Environmental issues associated with food production- Practical link local produce Sustainability and sustainable farming- Practical link organic sensory analysis 	<p><u>Food Science and Assessment prep</u></p> <p>During this half term students will have the opportunity to practice exam technique developing this from year 9, as well as having the opportunity to study Food science in more detail developing their skills of Food investigations. The areas they will focus on are:</p> <ul style="list-style-type: none"> Recap-Heat transfer methods- knowledge retrieval lesson Proteins- denaturation and coagulation- Carbohydrates- gelatinization, dextrinization- Food Investigation Fats- shortening, emulsification. - Practical link- summary of macronutrient science e.g quiche Raising agents- knowledge retrieval and extension
SKILLS	<p>Theoretical skills: Throughout the term students will have the opportunity to:</p> <ul style="list-style-type: none"> Identify, select, break down and summarise key information. Recognise key terminology, define, utilize and embed in written work. Reflect, analyse (sensory), plan and 	<p>Theoretical skills: Throughout the term students will have the opportunity to:</p> <ul style="list-style-type: none"> Identify, select, break down and summarise key information. Recognise key terminology, define, utilize and embed in written work. Reflect, analyse (sensory), plan and 	<p>Theoretical skills: Throughout the term students will have the opportunity to:</p> <ul style="list-style-type: none"> Identify, select, break down and summarise key information. Recognise key terminology, define, utilize and embed in written work. Reflect, analyse (sensory), plan and 	<p>Theoretical skills: Throughout the term students will have the opportunity to:</p> <ul style="list-style-type: none"> Identify, select, break down and summarise key information. Recognise key terminology, define, utilize and embed in written work. Reflect, analyse (sensory), plan and 	<p>Theoretical skills: Throughout the term students will have the opportunity to:</p> <ul style="list-style-type: none"> Identify, select, break down and summarise key information. Recognise key terminology, define, utilize and embed in written work. Reflect, analyse (sensory), plan and 	<p>Theoretical skills: Throughout the term students will have the opportunity to:</p> <ul style="list-style-type: none"> Identify, select, break down and summarise key information. Recognise key terminology, define, utilize and embed in written work. Reflect, analyse (sensory), plan and



	<p>improve through practical evaluation.</p> <ul style="list-style-type: none"> Analyse and practice exam technique including how to produce extended responses. <p>Practical Skills: Throughout the term students will have the opportunity to practice and hone various practical skills including:</p> <ul style="list-style-type: none"> General practical skills (weighing, measuring, testing, cooking times) Knife skills- Julienne/macedoine/jardiniere/brunoise Preparing fruit and vegetables Use of the cooker- hob and oven Cooking methods Use of equipment- use of specialist equipment. Prepare, combine and Shape Sauce making. Dough- pasta/bread <p>Other skills students will develop are:</p> <ul style="list-style-type: none"> Quality Control Time Management Teamwork Organization Initiative and independence. 	<p>improve through practical evaluation.</p> <ul style="list-style-type: none"> Analyse and practice exam technique including how to produce extended responses. <p>Practical Skills: Throughout the term students will have the opportunity to practice and hone various practical skills including:</p> <ul style="list-style-type: none"> General practical skills (weighing, measuring, testing, cooking times) Knife skill Use of the cooker- hob and oven Cooking methods Use of equipment- use of specialist equipment. Prepare, combine and Shape Sauce making <p>Other skills students will develop are:</p> <ul style="list-style-type: none"> Quality Control Time Management Teamwork Organization Initiative and independence. 	<p>improve through practical evaluation.</p> <ul style="list-style-type: none"> Analyse and practice exam technique including how to produce extended responses. <p>Practical Skills: Throughout the term students will have the opportunity to practice and hone various practical skills including:</p> <ul style="list-style-type: none"> General practical skills (weighing, measuring, testing, cooking times) Knife skills Use of the cooker Cooking methods Use of equipment- use of specialist equipment. Prepare, combine and Shape Sauce making. Setting mixtures <p>Other skills students will develop are:</p> <ul style="list-style-type: none"> Quality Control Time Management Teamwork Organization Initiative and independence. 	<p>improve through practical evaluation.</p> <ul style="list-style-type: none"> Analyse and practice exam technique including how to produce extended responses. <p>Practical Skills: Throughout the term students will have the opportunity to practice and hone various practical skills including:</p> <ul style="list-style-type: none"> General practical skills (weighing, measuring, testing, cooking times) Knife skills- Julienne/macedoine/jardiniere/brunoise Preparing fruit and vegetables Use of the cooker Cooking methods Use of equipment- use of specialist equipment. Sauce making. Dough <p>Other skills students will develop are:</p> <ul style="list-style-type: none"> Quality Control Time Management Teamwork Organization Initiative and independence. 	<p>improve through practical evaluation.</p> <ul style="list-style-type: none"> Analyse and practice exam technique including how to produce extended responses. <p>Practical Skills: Throughout the term students will have the opportunity to practice and hone various practical skills including:</p> <ul style="list-style-type: none"> General practical skills (weighing, measuring, testing, cooking times) Knife skills- Julienne/macedoine/jardiniere/brunoise Preparing fruit and vegetables- blanching. Use of the cooker Cooking methods Use of equipment- use of specialist equipment. Sauce making. Raising agents <p>Other skills students will develop are:</p> <ul style="list-style-type: none"> Quality Control Time Management Teamwork Organization Initiative and independence. 	<p>improve through practical evaluation.</p> <ul style="list-style-type: none"> Analyse and practice exam technique including how to produce extended responses as well as NEA 1 report. <p>Practical Skills: Throughout the term students will have the opportunity to practice and hone various practical skills including:</p> <ul style="list-style-type: none"> General practical skills (weighing, measuring, testing, cooking times) Knife skills Use of the cooker Cooking methods Sauce making- gelatinisation Dough- pastry Raising agents Setting mixtures <p>Other skills students will develop are:</p> <ul style="list-style-type: none"> Quality Control Time Management Teamwork Organization Initiative and independence.
<p>ASSESSMENTS</p>	<p>Key Assessment Task: Assessed class piece - Food Practical write-up British or international dish.</p>	<p>Key Assessment Task: Assessed class piece - Exam question on Food Safety practices (extended response)</p>	<p>Key Assessment Task: Assessed class piece - case study on Diet related health problem- analysis and evaluation</p>	<p>Key Assessment Task: Assessed class piece - Meal planning task with justification</p>	<p>Key Assessment Task: Assessed class piece - extended response exam question on sustainable farming</p>	<p>Key Assessment Task: Assessed class piece - Food investigation write-up (investigation analysis)</p>



CHORLTON HIGH SCHOOL: Computing and Technology Curriculum

	<p>Baseline assessment - end of topic assessment on the key topic areas learnt throughout the half term. This will 'test' student's knowledge and understanding gained from this half term.</p>	<p>Food Progress checkpoint: students will complete a checkpoint to assess their knowledge and understanding of the topics covered thus far in the year</p>	<p>End of topic assessment- end of topic assessment on the aspects of Food, nutrition and health taught in this half term. This will 'test' student's knowledge and understanding of this topic area.</p>	<p>Food Progress checkpoint: students will complete a checkpoint to assess their knowledge and understanding of the topics covered thus far in the year</p>	<p>End of topic assessment- end of topic assessment on the aspects of Food, nutrition and health taught in this half term. This will 'test' student's knowledge and understanding of this topic area.</p>	<p>Food Progress checkpoint: students will complete a checkpoint to assess their knowledge and understanding of the topics covered thus far in the year</p>
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