

# Food Preparation and Nutrition



**Department Intent:** This subject focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this subject focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

KS4

**Intention Overview:**

Curriculum Knowledge	
<p><b>Year 10:</b> Learners will gain the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The majority of the content is delivered through preparation and making activities. Students will learn to be able to make the connections between theory and practice to apply their understanding of food and nutrition to practical preparation.</p> <p><b>Year 11:</b> Learners will apply their knowledge gained throughout KS3 and Y10 to be able to apply this to 2 Non Examined Assessment tasks which will include a scientific investigation of the functional properties of ingredients and cooking methods. On completion of the NEA tasks students will revisit key knowledge in order to prepare them for the written exam sat in the May/June exam series of Y11.</p>	
Skill Development	
<p><b>Subject Specific Skills:</b></p> <ul style="list-style-type: none"> <li>• Practical cookery skills</li> <li>• Learning how diet and lifestyle impact on our health and wellbeing</li> <li>• Understanding of mental wellbeing</li> </ul>	<p><b>Wider Academic Skills / Attributes:</b></p> <ul style="list-style-type: none"> <li>• Development of resilience</li> <li>• Organisation and time planning</li> <li>• Report writing</li> </ul>
Personal Development - SMSC and Cultural Capital (opportunities/experiences)	
<ul style="list-style-type: none"> <li>• Knowledge on health and wellbeing</li> <li>• Awareness of cultural differences in food preferences</li> <li>• Food preparation – ability to maintain a healthy lifestyle</li> </ul>	