

Food

Food Technology is a successful department which proves to be very popular with our students. Pupil uptake at KS4 is consistently higher than the national average, and our results consistently position the department amongst the highest performing subjects in the school.

A new and exciting curriculum in 'Food and Nutrition' is now being taught throughout the school. Pupils are taught the scientific principles behind food and nutrition and how to use a variety of cooking techniques. They look at the economic and sustainability issues within the subject, as well as investigating the source, seasonality and characteristics of a broad range of ingredients.

Practically, they will prepare and cook food as well as being able to make informed choices about their own healthy and varied diet. They will 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 ingredients/recipes)

Staffing

Mrs Reader Assistant Headteacher/Teacher of Food & Nutrition

Mrs Bennison Teacher of Technology

Mrs Kuczaj Food & Nutrition Technician

Curriculum

The following topics are studied at KS3:

Students will study 'Food and Nutrition' as part of the technology carousel. This rotation forms 10 weeks of the curriculum each year throughout KS3.

| | <u>Autumn Term</u> | <u>Spring Term</u> | <u>Summer term</u> |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------------|
| <u>Year 7</u> | Let's Get Cooking (health & safety/hygiene; tools and equipment; sensory analysis; following, adapting and creating own recipes; exploring ingredients; scientific principles) | | |
| <u>Year 8</u> | Healthy Me (health & safety/hygiene; tools and equipment; nutritional values; food miles; sensory analysis; following, adapting and creating own recipes; evaluation skills) | | |
| <u>Year 9</u> | Nutritional Needs (health & safety/hygiene; tools and equipment; factors effecting food choices; cultural and religious influences; consumer needs (pregnant ladies, vegans, vegetarians, intolerances etc.); British food) | | |

The following units are studied at KS4.

Pupils have **2** lessons per week in year 10 and **3** lessons per week in year 11.

| | <u>Autumn Term</u> | <u>Spring Term</u> | <u>Summer term</u> |
|----------------|---------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <u>Year 10</u> | Sensory Analysis; Nutrition; Healthy Eating; Dietary Needs | Food Science; British and International Cuisine | Sustainability of Food; Methods of heat transfer – through expanding practical skills End of Year Exam |
| <u>Year 11</u> | NEA Task 1; Nutrition revision; NEA Task 2 Year 11 Mock Exam | NEA Task 2; Revision of dietary needs; Revision of heat transference and food spoilage | Revision of functional and chemical properties of food |

Extra-curricular activities and visits

Barcelona – A regular trip, open to all year groups from Years 7 - 10, will allow language skills to be developed, cultural experiences to be gained and a cookery lesson for all which will enhance practical skills ready for GCSE by acquiring an understanding of the Spanish cuisine.

BBC Good Food Show – Packed with artisan food producers, tantalising tasting experiences, delicious recipe inspiration and an opportunity to see top chefs and experts cooking live, this is a truly great experience for our KS4 pupils. It shows opportunities within the food industry, as well as providing an abundance of ideas and inspiration for practical NEA tasks.

Inter House Bake Off – a competition that is witness to the culinary skills being expressed in a variety of ways. Enjoyment is had and thoroughly appreciated by all.

Holiday revision school – as exam season approaches intervention sessions are held for those students who, for various reasons, may have fallen behind or those who simply want extra revisions sessions or to revisit topics in which they feel less confident. The sessions offer a pupil centred approach as sessions are based on the students' needs. Despite being offered in the school holidays, these sessions are traditionally well attended and contribute significantly to the impressive results achieved.