



OCR GCSE FOOD PREPARATION AND NUTRITION

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 results commonly 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).

Extra-curricular activities and visits:

Our pupils are always keen to get involved in the extra-curricular activities offered by the department. In many cases the fun and competitive tasks are sure to draw a crowd, whilst in some instances pupils attend to improve their culinary knowledge and expertise. Activities include:

Visits abroad with MFL: Visiting Madrid in 2020. Experiencing the culinary delights in Spain and the culture. Speaking the language and visiting new and exciting places, along with making new friends along the way. Unfortunately, this trip did not take place last year due to Covid-19 and travel bans, but similar trips will be run as and when it is advisable again.

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.

Facilities:

There are 2 classrooms that are fully functioning classroom kitchens with workable practical space for 20 pupils in each. Both rooms are equipped with essential cooking utensils for every pupil to access and as a department there are utensils available to support practical development.

Assessment:

The following units of work are covered:

- Section A Nutrition
- Section B Food: food provenance and food choice
- Section C Cooking and Food Preparation
- Section D Skills Requirements: preparation and cooking techniques



Throughout KS4 there are 3 formal assessments which assess pupils' skills and understanding in the above topics. Assessments and their weighting towards the final GCSE grade are as follows:

1: Food Preparation and Nutrition – 50% of total GCSE.

A theory based unit which is assessed in the summer of Year 11.

Assessment overview: 1 x written paper. 1 hour 30mins. Total marks available 100.

2: Food Investigation - 15% of total GCSE.

A food investigation task to focus on scientific principles.

Assessment Overview: Non-examined assessment (NEA). Total marks available 80.

3: Food Preparation – 35% of total GCSE

A 3 hour practical examination to showcase and demonstrate cookery skills and a variety of techniques.

Assessment Overview: Non-examined assessment (NEA). Total marks available 105.