

Food Technology

Design and technology is a foundation subject within the framework of the National Curriculum and is delivered in specialist areas. One of these specialist areas consist of the Food room.

Key stage 3:

Our Key Stage 3 consists of Year 7 and Year 8, with students having 3 hours of Food Technology a fortnight for 13 weeks. They are assessed regularly through teacher assessment and are awarded a Grade at the end of each design and make project. Students will be given home learning regularly.

As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating.

Year 7:

Food and Cooking

This project will enable students to learn where food comes from, how to cook a range of dishes safely and hygienically and to apply their knowledge of healthy eating. Students will be introduced to the Eatwell guide and how understanding the principles behind it will help contribute to a healthy life style.

All students will learn how to use the hob, grill and oven to gain a basic understanding of cookers.

During this project students will make:

- Deli Salad
- Ratatouille
- Pizza Toast
- Breakfast Muffins
- Brownies
- Biscuits

Year 8:

Diet and Health

This project will enable students to learn how to cook a range of dishes safely and hygienically and how to apply their knowledge of nutrition. In addition, they will consider the factors that affect food choice, food availability and food waste.

During this project students will make:

- Savoury Rice
- Mini Carrot Cakes
- Bread Rolls
- Mini Cheese and Veg Frittata
- Macaroni Cheese
- Vegetable Stir fry
- Apple Crumble



Key stage 4

AQA GCSE Food Preparation and Nutrition:

Food Preparation and Nutrition builds upon the National Curriculum KS3 programmes of study to develop a working knowledge of food, a further understanding of the design process and of a variety of skills and processes.

The G.C.S.E. Non-Exam Assessment (NEA) is 50% of the over GCSE grade which enables independent research, investigation and product development.

Food is a material which has specific characteristics, which must be considered and understood before products can be successfully designed and manufactured. Students need to apply their knowledge of food science when developing products. Much of this is related to the food industry and product development. Specific areas of study include characteristics of food materials, food processing manufacturing systems, quality control, food safety and hygiene.

Assessment:

NON- EXAM ASSESSMENT (NEA):

Task 1: Food investigation (15%) Written Report

- Students' understanding of the working characteristics, functional and chemical properties of ingredients.
- Students will submit a written report (1,500–2,000 words) including photographic evidence of the practical investigation.

Task 2: Food preparation assessment (35%) Written Portfolio

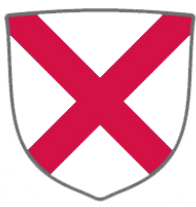
- Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.
- Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.
- Students will submit a written portfolio (15 A4 pages) including photographic evidence.

EXAM: Paper 1: Food Preparation and Nutrition (50%)

- Written exam: 1 hour 45 minutes. The paper will be made up of 20 multiple choice questions worth 20 marks and 5 questions each with a number of sub questions worth 80 marks.

Year 9 + 10:

During Year 9 and 10, students will learn how to cook a range of dishes safely and hygienically and apply their knowledge of nutrition. In addition, they will consider consumer issues, food and its functions and new technologies/trends in food.



Year 11:

Students will carry out both their NEA tasks during this year and their final written exam paper.

Life and employment:

A successful GCSE in Food Preparation and Nutrition will enable you to study the subject further:

NVQ level 2/3 and BTEC courses in Hospitality / Professional Cookery

Higher Education Degree courses in: Food and Nutrition Science / Food Manufacturing

There are many jobs in the catering industry and more academic jobs working within a research team making up new dishes and working with new foods. You could become a dietician or environmental inspector, chef, food hygienist, teacher, work in food marketing - there are many opportunities linked with studying this GCSE in Food Preparation and Nutrition.