

# Food Preparation & Nutrition

**“Give a man a fish, and you feed him for a day;  
show him how to fish, and you feed him for a lifetime” *proverb***

## Summerhill students will be **valuable members of society**

Students will plan, prepare, cook and present a variety of dishes to feed themselves and others an affordable, healthy and varied diet now and later in life.

They will learn how multicultural foods effect our everyday food choices and the global, economic, religious, ethical, and socio-cultural influences on food availability.

Understanding the source, seasonality and characteristics of a broad range of ingredients, will enable students to make informed decisions and instil a passion for food and cooking!

## Summerhill students will be **skilled communicators**

Students will research, discuss, debate and present information linked to current food issues and diets.

They will evaluate and test their own work, assess the views of other people, compare with existing products and suggest improvements by producing detailed written evaluations.

Students will produce aesthetically pleasing dishes by communicating creative ideas through food styling and presentation techniques.

## Summerhill students will be **knowledgeable**

Students will have the knowledge, understanding and skills required to cook and apply the principles of, food science, nutrition and food safety to adapt recipes to suit a wide range of dietary needs and life stages.

They will be competent in food preparation and cooking techniques, progressing from basic to higher-level skilled dishes and will be equipped to apply and cement their knowledge using active scenarios in everyday situations.

## **Our curriculum is underpinned by four key values:**

- Courage** – doing what is right; being truthful; trying new experiences; taking risks in the pursuit of personal development
- Ambition** – having the highest aspirations and expectations of ourselves / others; being brilliant in all we do; having belief that challenges can be overcome with the right attitude and hard work
- Respect** – thinking about the way we interact with others; being considerate to ourselves, others and the environment; responding to expectations and working together in teams
- Effort** – investing time and energy to achieve success; always giving our best in everything we do; demonstrating resilience

# FOOD PREPARATION AND NUTRITION

Year	Key Features	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
7	All students for one double period per week, for a third of the year (rotation with DT & Textiles)	<b>Rotation 1 – Healthy Eating and Nutrition – Basic Practical Skills.</b> Eatwell guide and 8 tips for healthy eating Safety and hygiene in the Food Room Practical – Knife skills (Carrots), seasonal fruit crumble, vegetable stir fry			<b>Rotation 2 – Healthy Breakfasts</b> Eggs – functions and nutrition, ways of cooking Cooked breakfast / breakfast burrito Understanding food labelling / nutritional analysis Practical – Breakfast muffins, cooked breakfast		
8	All students for one double period per week, for a third of the year (rotation with DT & Textiles)	<b>Rotation 1 – Healthy Meals and Dietary Needs</b> Understanding nutrients and food groups for a balanced diet What are staple foods Issues and food trend – sugars in food Practical – Chilli con Carne, Sausage Casserole, Savoury Rice			<b>Rotation 2 – Food Provenance and Sustainability</b> Conventional and organic farming Fairtrade Seasonal and local food Food science functions of ingredients batter investigation Practical – Cottage Pie, Pineapple Upside Down Cake, Sweet and Sour Chicken		
9	Optional One double period per week	Street Food – Methods of Cooking Nutritional analysis and evaluating foods Practical – Gourmet Burgers, Enchiladas, Risotto	Bread making, fermentation, yeast, gluten formation Shaped/flavoured rolls Multicultural breads, Nutella, Christmas tree pizza	Factors effecting food choice Gluten free baking Vegan debate – plant based eating – Curry and Naan, adapting recipes to suit dietary needs.	Food Science Functions of ingredients Mini NEA investigation	High level practical skills Pasta and pastry and potatoes Practical – Fresh Pasta and Fiorentina Sauce, Quiche, Profiteroles, Cornish Pasties, Dauphinoise Potatoes	Quick meals for mates Lasagne Soup Mini Roast Dinner Healthy Fish and Chips Toad in the Hole
10 GCSE	Optional 3 periods per week (1 double and 1 single)  GCSE Food Preparation and Nutrition (AQA 8585)	Nutrients; Nutritional needs and health	Cooking of food and heat transfer; Functional and chemical properties of food	Factors affecting food choice Mock NEA 1 – Investigation Task	Food choice British and International Cuisines Sensory evaluation	Food provenance Environmental impact and sustainability Processing and production	Principles of food safety Food spillage and contamination

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11 GCSE	Optional 3 periods per week (1 double and 1 single)  GCSE Food Preparation and Nutrition (AQA 8585)	NEA 1 Food Investigation Task 10 hours 2000 words 15%	NEA 2 Food Preparation Task 20 hours Portfolio 20 A4 pages/3-hour practical exam 35%		Revision Techniques and exam practice		