

## The Food Studies curriculum

### Subject curriculum vision

Food Studies focuses on practical cooking skills to ensure that students develop greater understanding of nutrition, food provenance and the working characteristics of food materials. At the heart of the subject we focus on developing practical cookery skills and a robust understanding of nutrition. Food Studies brings together the most important elements of food, nutrition, cookery skills, food provenance and food science to allow students to flourish within a creative subject and develop vital life skills.

The skills students develop through the study of food studies will support the study of a wide range of other. In terms of subject knowledge, the nutrition and health particularly complement the study of biology and physical education. Food preparation and nutrition also helps students to learn how to work independently and manage their time – skills valued by both higher education institutions and employers alike.

### Key stage 3 – Units of study

Term	Year 7	Year 8	Year 9
Rotation 1	<p><i>Students develop an awareness of Health and Safety in the kitchen and the correct health and safety precautions used whilst using a range of food preparation/cooking equipment.</i></p> <p><i>Students begin to show an awareness of, and start to develop a range of basic cookery skills.</i></p> <p><i>Students will be aware of healthy eating and what this means, what eating healthy can prevent.</i></p>	<p><i>Students will investigate further health and safety within the kitchen, to be able to identify hazards and explain how to prevent them.</i></p> <p><i>Students will begin to demonstrate how to use kitchen equipment correctly.</i></p> <p><i>Develop a range of safe and correct cooking methods and appropriate food preparation skills.</i></p> <p><i>Students will deepen understanding of healthy eating, begin to learn about the different food groups and how much of each we should be eating for a balanced diet.</i></p> <p><i>Students will investigate food labels and develop an understanding as to how we use them and that the information is on there.</i></p>	<p><i>Students will have a secure understanding of general health and safety within the kitchen, including bacterial contamination.</i></p> <p><i>Students will demonstrate how to use a range of different cooking equipment whilst adhering to appropriate safety procedures.</i></p> <p><i>Students demonstrate a range of safe food preparation and cooking skills.</i></p> <p><i>Students will develop research skills and design skill in creating different dishes.</i></p> <p><i>Applying knowledge of healthy eating to improve recipes, investigate different food groups.</i></p> <p><i>Students investigate Food composition and different cooking methods and the effects this has on our health.</i></p> <p><i>Students research the factors that affect food choice, investigate food miles, GM foods, food availability, allergies and intolerants and different diets.</i></p>
Rotation 2	<p><i>Students start to show an understanding of the different factors influencing food choice, this begins to include diet and health, and processes food.</i></p> <p><i>Students begin to understand the different functions of ingredients; how food should be stored and cooked (basics) and introduce evaluating and reviewing foods and cooking practical's.</i></p> <p><i>Students develop an understanding of different food cultures, and how we can use these to influence our cooking.</i></p> <p><i>Students will continue to develop their cookery skills exploring a range of different dishes both sweet and savoury</i></p>	<p><i>Students will begin to investigate the different factors associated with food choice, including religious influences and medical influences.</i></p> <p><i>Students will investigate the functions of the different ingredients in our recipes, looking at chemical reactions within our food cooking processes.</i></p> <p><i>Students will begin to develop sensory testing skills, how to test food for quality, develop evaluating and practical reviewing skills.</i></p> <p><i>Students will continue to develop their cookery skills exploring a range of different dishes both sweet and savoury</i></p>	<p><i>Students Explore the different functional properties of foods, including macro nutrients and micro nutrients, the different vitamins and minerals, why we need them in our diet.</i></p> <p><i>Students investigate different cultures and their foods, applying research to improve existing recipes.</i></p> <p><i>Students will continue to develop their cookery skills exploring a range of different dishes both sweet and savoury</i></p>

### Key stage 4 – Units of study Food Preparation and Nutrition (8585)

Term	Year 10	Year 11
1	<p><b>Food, nutrition and health</b></p> <p>Deepen your understanding of the difference between food nutrition and health, we will investigate the different requirements for different nutrients and in what quantities.</p>	<p><b>NEA Task 1</b></p> <p>During the first and second term student will apply their knowledge honed during year 10 to complete the scientific investigation and produce a report explain their findings bases on a particular brief.</p>
2	<p><b>Food science</b></p> <p>Investigate the functional properties of the different ingredients we use within cooking.</p>	
3	<p><b>Food Safety</b></p> <p>Hone your skills and knowledge of health and safety within the kitchen environment to then be able to explore the cross-contamination risks and the different effects bacteria can have on our food and within domestic and Industrial kitchens.</p>	<p><b>NEA Task 2</b></p> <p>During the third and fourth term students will have the opportunity to showcase their designing, research and cooking skills creating and three course meal and keeping a detailed portfolio of all their work.</p>
4	<p><b>Food choice</b></p> <p>Investigate the different factors influencing the food we choose to eat, how does our socioeconomic, religious background effect the food we eat?</p>	
5	<p><b>Food Provenance</b></p> <p>Where does our food come for? Investigate food miles and seasonality. Why is this an important part of understanding what we should eat and why.</p>	<p><b>Exam Preparation and revision.</b></p> <p>Students will use the remainder of their time in year 11 to review and deepen their understanding of the main assessment areas covered in year 10 to allow them to showcase their learning within our written exam</p>
6	<p><b>NEA 1&amp;2 Trials and preparation</b></p> <p>We will introduce the NEAs and develop the skills required to complete our assessments in year 11.</p>	