



*“I'm just someone who likes cooking and for whom sharing food is a form of expression.”* Maya Angelou

**Subject Head:** Angie Cadwallader

**Contact:** [acadwallader@farmors.gloucs.sch.uk](mailto:acadwallader@farmors.gloucs.sch.uk)

Food is so much more than just nutrition. We socialise with food, we celebrate with food and we show love with food. We know that children who cook for themselves are more likely to try new foods, and will tend to eat more fruit and vegetables as well. Cooking builds self-esteem; seeing (eating!) something you have just created yourself gives a sense of satisfaction and pride in your work. We see that pride daily when children cook with us.

The cross-curricular links with Food are wide reaching; we find that knowledge gained in other subjects is brought to life in Food, be it through interpreting a recipe, weighing and measuring, understanding scientific concept, cooking international dishes or understanding difficulties with sustainability and food production.

Food and Nutrition in our school will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. Our curriculum will encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

At KS3 we cook most lessons, allowing us to teach a variety of skills and concepts which can be applied to a vast number of other dishes. We embed theory teaching into the practical lessons to allow us to maximise time spent cooking, and we believe this approach helps instil a love of cooking in our students. They look forward to their Food lessons, and to eating their creations!

We also offer GCSE Food Preparation and Nutrition at KS4 where we teach higher order cooking and preparation techniques. Students learn about food from the point of production, processing, preparation and the affect it has on our body. This goes further still at KS5 where we offer a vocational qualification which is the equivalent to an A level; Diploma in Food Science and Nutrition.



# Farmor's School Food & Nutrition



	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
<b>Year 8</b>	Hygiene and safety in the kitchen Introduction to healthy eating Basic cooking skills and safe use of equipment Example recipes: fruit crumble, couscous salad		Functions of ingredients in food Developing independence in the kitchen Food safety and working with meat Example recipes: bread rolls, pizza, chicken goujons		Methods of making – creaming and melting Introduction to food experiments – functions of ingredients in cakes – fats, flours and sugars. Example recipes: carrot cake, cookies	
<b>Year 9</b>	Introduction to food science – looking at eggs Concepts covered: emulsification, denaturing proteins/aeration, coagulation, raising agents. Example recipes: mayonnaise, toad in the hole, Swiss roll,		International cuisine – using herbs and spices Promoting independence in the kitchen Food science – gelatinisation Adapting recipes to suit individual needs Example recipes: Thai green curry, sweet and sour chicken, lasagne		Afternoon tea project – working in groups to design a tea suitable for a set brief. Practical skills will include making pastry, piping, presentation techniques as well as planning, timing, scaling recipes and collaborative working.	



	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
<b>Year 10</b>	Food safety Presentation techniques Sensory analysis Higher practical skills	Carbohydrates	Protein	Fats	Vitamins & Minerals	Mock NEA 2 – 2 dishes to be completed in 2 hours, designed to fit a given brief.
		Whilst teaching through commodities, we study the related food science concepts, structure and function of nutrients, relationship to health and nutritional needs, food provenance, processing and production, culinary traditions, food choice and a variety of preparation techniques and cooking methods. Much of the content is taught through practical application to support theory work.				
<b>Year 11</b>	<b>NEA 1 – Food Investigation Task</b> 15% of final mark Internally assessed	<b>NEA 2 – Food Preparation Task</b> 35% of final mark Internally assessed		Revision in preparation for external exam in June. 50% of final mark		

GCSE syllabus: OCR Food Preparation & Nutrition



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Year 12</b>	<b>Unit 1 - Meeting nutritional needs of specific groups</b> <ul style="list-style-type: none"> <li>• Food safety</li> <li>• Nutrients</li> <li>• Nutritional needs of humans</li> <li>• Special diets</li> <li>• Menu planning</li> </ul> <p>Much of unit 1 will be taught through and alongside practical skills. This will involve use of specialist equipment, and learning advanced techniques in commodity preparation, cooking methods and presentation skills.</p>			<b>Unit 1</b> Internal assessment. Written and practical task. To be submitted in May. 50% of unit 1 grade. 25% of diploma grade	<b>Unit 1</b> Revision in preparation for external exam to be sat in May/June 50% of unit 1 grade 25% of diploma grade	Level 2 Food Hygiene Certificate – online  Experimenting with food – how to carry out a fair test.
	<b>Unit 1</b> grade can be carried forward and added to units 2 & 3 in year 13, to be assessed as the Diploma, or can be cashed in at the end of year 12 and a 'Certificate in Food Science and Nutrition' awarded. This is the equivalent to an AS level and carries UCAS points in the same way.					
<b>Year 13</b>	<b>Unit 3 - Experimenting to Solve Food Production Problems</b> <ul style="list-style-type: none"> <li>• learners use their understanding of the properties of food in order to plan and carry out experiments. The results of the experiments are used to propose options to solve food production problems.</li> <li>• Internally assessed - 25% of diploma grade</li> </ul>			<b>Unit 2 - Ensuring food is safe to eat</b> <ul style="list-style-type: none"> <li>• learners will develop an understanding of hazards and risks with the storage, preparation and cooking of food in different environments and the control measures needed to minimise these risks.. They will be able to recommend the control measures that need to be in place, in different environments, to ensure that food is safe to eat.</li> <li>• Externally assessed - 25% of diploma grade</li> </ul>		