



# Food Technology Curriculum

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**“Food is an important part of a balanced diet” *Fran Lebowitz***

## Overview

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably well now and in later life.

## Key Stage 3

### Year 7 Scheme of Work

In Food Yr 7 students will design and make healthy products using food, learning lots of different cooking skills so that they become confident in the kitchen. There will be an emphasis on vegetables and fruit, sections of the Eatwell Plate, using the cooker and kitchen equipment, Fairtrade and understanding the sensory and functional properties of ingredients (raising agents and starches such as flour and rice).

### Year 8 Scheme of Work

In Food students will design and make healthy products using food, learning lots of different cooking skills so that they become confident in the kitchen. There will be an emphasis on baking, cereals, sections of the Eatwell Plate, nutrients, and understanding the sensory and functional properties of ingredients (raising agents and starches such as flour).

## Key Stage 4

GCSE specifications in home economics should encourage learners to be inspired, moved and changed by following a broad, coherent, satisfying and worthwhile course of study.

**OCR Food and Nutrition** <http://www.ocr.org.uk/qualifications/gcse-home-economics-food-and-nutrition-j431-from-2012/>

In Yr 10 GCSE Food and Nutrition, Unit **B001** is completed, three short tasks, each task is completed under informal Controlled conditions in the classroom over 7 lessons and involves practical cookery. (7 hours). The three short tasks form 30% of the total GCSE marks.

Unit **B001** Food and Nutrition Short Tasks is internally assessed and externally moderated.

Unit **B002** Food and Nutrition Long Task is completed in Yr 11 completed under Controlled conditions in the classroom over 22 lessons and involves practical cookery and as with B001 is internally assessed and externally moderated. The long task forms 30% of the total GCSE marks.

Unit **B003** Principles of Food and Nutrition is externally assessed (Exam) is completed in Yr 11. The exam forms 40% of the total GCSE marks.

Questions will cover all aspects of the specification content listed below:

- Nutrition and health
- Food commodities
- Meal planning
- Food preparation and cooking
- Food safety and preservation
- Consumer Education



## Key Stage 5

*“An important subject in touch with reality”*

### OCR Food, Nutrition & Health

<http://www.ocr.org.uk/qualifications/as-a-level-gce-home-economics-food-nutrition-and-health-h111-h511/>

#### About the course

This course allows students to develop an understanding of issues relating to society and health, resource management, nutrition and food production. There are four units.

#### The two AS units are:

##### AS Unit G001 (25%) Society and Health

This is an examined unit and includes health, social and environmental issues, family and society and demography.

##### AS Unit G002 (25%) Resource Management

This is an examined unit and includes food safety and hygiene, food provision, food preparation, equipment, financial awareness and retailing.

In both the units there is an emphasis on practical work. The opportunity to cook is very important.

#### The two A2 units are:

##### A2 Unit G003 (25%) Coursework Study

This is an internally assessed coursework unit and is of an investigative nature. Students choose a context and develop the investigation to include practical work.

##### A2 Unit G004 (25%) Nutrition and Food Production

This is an examined unit and includes nutrients and energy, properties of food, dietary needs and development and production of food.

Throughout the course of study candidates are encouraged to develop an understanding of issues relating to Society and Health, Resource Management, Nutrition and Food Production as well as investigating an area of content in the Investigative Study.

#### On the Syllabus

- The family and society
- Poverty
- Homelessness
- Leisure
- Nutrition and Dietary guidelines
- Dietary disorders
- Health Education
- Health
- Food Safety Legislation
- Food Processing
- Food poisoning and contamination
- Environmental issues
- Use of equipment
- Food labelling packaging
- Issues in the food industry
- Eating patterns
- Management of resources
- Marketing
- Advertising
- Shopping patterns and food expenditure

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