

## HALF TERM 5 CURRICULUM CONTENT – Key Stage 4: Food, Preparation & Nutrition

### Intent statement:

The national curriculum FPN GCSE subject content sets out the knowledge, understanding & skills common to all GCSE specifications in food preparation & nutrition to ensure progression from Key Stage 3 national curriculum requirements, and the possibility of development for further study. It provides the framework within which awarding organisations create the detail of the subject specification. GCSE specifications in food preparation & nutrition must reflect the subject aims and learning outcomes. In Westfield Academy, the GCSE specification in food preparation and nutrition equips all students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The curriculum encourages students to cook and enables them to make informed decisions / choices about a wide range of further learning opportunities, including various career pathways, whilst developing vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

### Year 10

<b>Topic</b>	Section 2 (chapter 5) – Food science
<b>Prior knowledge / skills</b>	<p>Revisiting and building upon food science knowledge, and investigation skills from KS 3 experiments:</p> <ul style="list-style-type: none"> <li>● Skills acquired from science experiments (KS3 &amp; KS4) lessons</li> <li>● Knowledge of heat transfer methods &amp; cooking processors acquired in the Spring term</li> <li>● The physical functions of protein, fats &amp; carbohydrates ingredients in cooking</li> <li>● Adhering to food safety principles in producing safe &amp; nutritious dishes</li> </ul>
<b>Key concepts / knowledge / skills covered this half term</b>	<p>To acquire knowledge &amp; experiment with various food science topics:</p> <ul style="list-style-type: none"> <li>● To review &amp; establish reasons for cooking food and heat transfer methods</li> <li>● To explore &amp; identify various cooking methods and their effects on foods</li> <li>● To establish the physical &amp; chemical properties of proteins / fats / carbohydrates / raising agents</li> <li>● Practical lessons &amp; investigations to include:             <ul style="list-style-type: none"> <li>- proteins in egg experiment</li> <li>- own marinade for chicken / tofu kebabs or wings</li> <li>- cheesecake</li> <li>- fats experiment (own salad dressing with salad)</li> <li>- rough puff pastry &amp; apple turnover</li> <li>- chocolate roulade</li> <li>- sweet &amp; sour chicken with rice</li> </ul> </li> </ul>
<b>Assessment</b>	End of topic test, mid-term whole class feedback (practical and theoretical knowledge) & end of termly written assessment

<b>Personal Development opportunities</b>	Students are given an opportunity to develop technical cooking skills by joining the food club which runs on Thursdays from 3 to 4.30pm. They are also given a recipe bank and are expected to help and or prepare dinners at home. Students are also given an opportunity to review / revise challenging topics at lunch times on Thursday in room A001.
<b>Homework requirements</b>	Students are given weekly homeworks to foster deepening understanding of food science topics taught. They are also given a recipe bank and are expected to help and or prepare dinners at home.

## Year 11

<b>Topic</b>	FPN exam revision
<b>Prior knowledge / skills</b>	Previous knowledge of all the AQA specification topic list
<b>Key concepts / knowledge / skills covered this half term</b>	<p>To review previous knowledge of food preparation &amp; nutrition:</p> <ul style="list-style-type: none"> <li>● Food, nutrition &amp; health <ul style="list-style-type: none"> <li>- Nutrients</li> <li>- Nutritional needs &amp; health</li> </ul> </li> <li>● Food science <ul style="list-style-type: none"> <li>- Cooking of food &amp; heat transfer</li> <li>- Functional &amp; chemical properties of food</li> </ul> </li> <li>● Food safety &amp; principles of food safety <ul style="list-style-type: none"> <li>- Food spoilage &amp; contamination</li> <li>- Principles of food safety</li> </ul> </li> <li>● Factors affecting food choice <ul style="list-style-type: none"> <li>- Factors affecting food choice</li> <li>- British &amp; international cuisines</li> </ul> </li> <li>● Food provenance <ul style="list-style-type: none"> <li>- Environmental impact &amp; sustainability</li> <li>- Processing &amp; production</li> </ul> </li> <li>● To review key vocabulary: <a href="#">Subject specific vocabulary</a></li> </ul>
<b>Assessment</b>	Students are to submit their FPN GCSE NEA 2 task. Students practise and review AQA FPN exam papers.
<b>Personal Development opportunities</b>	Students are given various opportunities to review previous learning topics and prepare for the final GCSE exam. Revision sessions in lessons as well as on Fridays lunch time in A001.
<b>Homework requirements</b>	Students are given revision topics and more practice exam papers with mark schemes