

Curriculum Intent

At KS3 students follow schemes of learning in both Technology and Food with one lesson a week and swapping half way through the year. The learning and cooking choices in Food are carefully planned to build on the varied experiences that students have when they join us in year 7. The learning is designed to build a strong foundation in the importance of hygiene and food safety but also to encourage and inspire students to try new food types. They will build an understanding of how food choices affect their health now and throughout their lives and for them to enjoy the satisfaction of preparing food for themselves and their families.

We want students to understand how simple it is to prepare their own food and to understand the impact good food choices can make on health and lifestyle. They learn about all the main food groups and how their nutritional value contributes towards a healthy lifestyle. They learn about food storage and hygiene and to think about food providence e.g. how and where it is produced. They develop a wide range of practical skills in the kitchens preparing, cooking and presenting savoury and sweet dishes. The dishes chosen reflect the cultural diversity found in the UK but also include dishes students will be less familiar with from different cultures and countries around the world. As they progress through KS3 students are encouraged to cook more diverse and complex dishes and often with an emphasis on giving them ideas and options for cooking at home.

At KS4 we offer the GCSE in Food Preparation and Nutrition with AQA. This builds upon the skills and experiences gained in KS3 but with a greater depth of understanding of nutrition, links to diet related health, the science behind cooking and a wide range of food preparation, cooking and food presentation skills. They gain the knowledge and competences needed to succeed in the GCSE and develop the life skills that are so important to maintaining a healthy and affordable approach to food in their future lives.

Carnforth is located in a semi-rural area with many diverse opportunities for our students to enter the hospitality, catering and tourism sectors. We hope our GCSE courses give students an insight into future vocational opportunities and the skill, ambition and qualifications to gain positions in further education or employment.

Implementation

Year 7	Students are introduced to the school food room and to good hygiene practices when preparing and storing food. They learn basic preparation and knife skills and use of the hob whilst preparing both savoury and sweet dishes. They learn about the Eatwell Guide and find out more detail about the role carbohydrates and proteins play in our diet.
Year 8	In Year 8 students further develop their practical skills and use a wider range of cooking and preparation methods. They investigate the 5 main food groups and, together with hydration, look at their importance to our health. They find out about different ways we cook food and some of the science and functions of different ingredients.
Year 9	In Year 9 we introduce nutritional needs for different life stages and look at the important diet related health conditions. This leads onto food labelling and an understanding of food choices. Students are also encouraged to think about food providence – where their food comes from and how it is produced.
Year 10	Students begin their GCSE course content in Year 10. They recap and develop a wide range of culinary preparation and cooking skills including food styling for presentation of their finished dishes. They make investigations into the science and nutrition aspects underpinning preparation of food and make links to healthy diet choices. Students practice the two NEA tasks through structured food science investigations and planning, preparing and presenting a recipe of several dishes.
Year 11	Year 11 targets the two NEA tasks: NEA-1 Food investigation which researches and tests a food science hypothesis and NEA-2 Food preparation which involves planning towards a 3 hour practical assessment where they plan, prepare and present a menu of dishes. Throughout the year students also revisit the knowledge and skills needed for the exam through specific lessons supported by homework tasks. They sit mock exams in November and March and the final exam in June.



Carnforth
High School

Impact

Assessment

The context for NEA 1 – Food investigation is released by AQA in September of Year 11. Students plan a series of food investigations to test a hypothesis relating to food science principles. Work is recorded and written up in a Word document. The context for NEA 2 – Food preparation is released in October. In this NEA task students research a specific food topic, then make a series of practice dishes towards planning for a 3 hour practical assessment where they prepare, cook and present 3 dishes. This is also written up in a report. Students submit NEA 1 in December and NEA 2 in March of Year 11. The work is assessed in school and submitted to AQA for moderation.

Students prepare for the final exam through class revision activities and homework. Practice questions and other activities are set throughout KS4 including end of year assessments in Year 10 and two mock exams in Year 11. Written feedback is provided to learners with strengths and areas to improve identified in order to allow them to make further progress.

KS4

GCSE Food preparation and nutrition (AQA 8585)	Weighting	Assessment	When
Non-exam assessment (NEA) Task 1 – Food investigation (30 mks)	15%	Practical food investigations and written report	Year 11 (November deadline)
Task 2 – Food preparation (70 mks)	35%	Plan, prepare, cook and present 3 dishes for 3 hour practical assessment	Year 11 (March deadline)
Final exam (100 mks) Food nutrition & health Food science Food safety Food choice Food provenance	50%	External exam (1 hour 45 mins)	Year 11 (June)

Department

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