



The Arts, PE & Technology Faculty

Food & Nutrition

Subject Intent:

As part of their work with food, students at St Thomas More Catholic Academy will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking that will open the door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life. The pupils are encouraged to use their curiosity to investigate what happens to the ingredients when they are cooked, which develops their knowledge and understanding further alongside developing links with other subjects including Science, Maths and English, ICT.

Course Overview:

Key Stage 3:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- Understand the source, seasonality and characteristics of a broad range of ingredients.

GCSE: AQA Food Preparation and Nutrition

NEA - Task 1 (15%): Food investigation (30 marks) Students' understanding of the working characteristics, functional and chemical properties of ingredients. Practical investigations are a compulsory element of this NEA task.

NEA Task 2 (30%): Food preparation assessment (70 marks) Students' knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of two dishes (usually 3) within a single period of no more than three hours

· Written exam - Theoretical knowledge of food preparation and nutrition from Sections 1 to 5. The exam has 100 questions with students being given 1 hour and 45 minutes to complete. The exam is worth 50% of the overall GCSE.

Course Detail:

A list the key content students will cover, broken down into these headings

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Enrichment Opportunities

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Useful links

<https://filestore.aqa.org.uk/resources/food/specifications/AQA-8585-SP-2016.PDF>