

FOOD PREPARATION AND NUTRITION

Department Aims

One aim of the Food department is to encourage students to enjoy cooking, through learning skills, adapting recipes and creatively combining ingredients. However, students also need to learn about healthy eating, developing a balanced diet and learning about nutrients and their function. The Food department aims to provide students with the ability to achieve success in this subject in KS3 and GCSE.

Department Ethos

"Eating for health; cooking for fun!"

Department Staff List

Mrs J Divecha (Head of Department)
Ms J Snow (Teacher)
Mrs J Smith (Technician)
Ms I. Harris (Technician)

Key Stage 3 Information

In Key stage 3, the Food department encourages students to develop their practical skills, learn how to use basic equipment and build self confidence in their ability to make an edible outcome. We encourage students to modify their eating habits and think about a balanced diet. To this end the department only allows chocolate to be used once in the module and suggests savoury alternatives to traditionally sweet dishes. Students are assessed through planning, making and evaluating, as well as an end of module test.

Key Stage 4 Information

- The Food Department follows the AQA: Food Preparation and Nutrition course. Students are taught in mixed ability groups for the GCSE course. The course is assessed with two- centre-based Non-Exam Assessments (NEA) worth 50% of their final grade and a written examination (50%). The course will cover topics such as Where food comes from (provenance) & how to prepare the following commodities (ingredients) meat, fish, eggs, dairy, fruit, vegetables, cereal grains & potatoes, Principles of nutrition, diet and good health, The science of food – what happens when ingredients are combined under different conditions
- All coursework deadlines are set by individual staff. We want the students to believe that they can be successful, but to realise that their success depends on their effort. A Catch-up club for KS4 students is available after school for 1 hour 30 minutes on 2 / 3 days a week. All students will be expected to bring in ingredient from home and must participate in all practical lessons.

Any other information

The department also encourages students to 'Grow their Own' food in school, linked to the school garden and at home. All students are expected to bring the following equipment to lessons.

- Pen
- Pencil
- Ruler
- Rubber
- Ingredients for practical lessons
- Container for dishes made

Students know a week in advance the recipe for the dish to be made. Recipes can be adapted to suit any special dietary requirements students may have e.g. allergies, diabetes, vegetarian etc. For KS3 students a copy of the scheme of work and recipes used for year 7 and 8 are in the relevant year group's FT room on Fronter. KS4 students have their own room which includes coursework help sheets, PowerPoints used in class, KS3 recipes to refer to and a photograph folder where photos of their coursework dishes are available.

Homework

Homework is set by the class teacher. Part of the homework each week is to prepare for the practical lesson and depending on the topic being studied the homework may take various forms, such as research, mini-projects, written pieces or dish evaluations. Failure to complete homework by the deadline set, including forgetting ingredients, will result in a detention of up to 45 minutes.