

Year 10 Food Preparation and Nutrition

This exciting GCSE course is perfect for students who enjoy working with food, developing cooking skills and creating new and exciting dishes. The course is also perfect for those who are interested in learning about diet and health. Many past students used this qualification when applying for jobs in sport, catering and health related careers.

Students will make food products, ranging from lasagne to chicken ballotine, fresh summer gateaux, to christmas tree tear and share buns. We cook on a regular basis and develop students practical skills through preparation of meat, fish and vegetables, sauce making, pastry skills and cake making including piping skills.

The course is designed to equip students with the knowledge, understanding and skills required to cook sweet and savoury food products. All food products will be made to a high quality and finish. Lessons usually begin with a teacher led demonstration that shows students some of the skills to be used in the practical. As well as linking the practical elements to theory. There is often the need to give further focused practicals to show fine detail and food styling. The department has a wealth of digital resources including video clips showing experts in the industry showcasing recipes and techniques.

GCSE Food Preparation and Nutrition encourages students to make informed decisions about food in terms of nutrition and costs. Other areas of study include healthy eating, special diets, equipment, food science and food legislation. Students also test food products as well as study the importance of Food Hygiene and Safety. This builds on existing right from Year 7 when students learn the basics of food safety and how to eat healthily. Sustainable design is taught to develop the candidate's knowledge and understanding of environmental concerns, cultural, moral and social issues. The students have a basic knowledge of some Food issues from studying topics such as Fairtrade and vegetarians in Year 9.

In term one we focus on the principles of nutrition, looking at the role of the main nutrients in the diet, their sources and functions. This is the foundation of the GCSE course and many other topics in the specification refer to and build on nutrition. Due to its importance we build knowledge and deepen understanding of this topic that has been instilled since the start of Year 7 food.

After half term students then study diet and good health where they explore the relationship between diet, nutrition and health. They look at different ages and life stages, such as babies, toddlers, teenagers and elderly, moving onto the specific dietary needs of vegetarians, athletes, coeliacs and other special dietary requirements. Practical work links to the theory taught that week. For example, chili con carne showing use of two sources of protein, bean burgers linked to theory knowledge on types of vegetarians and a dish high in energy for athletes. Students have the opportunity to complete an assessed practical at least once in this term. This gives them the opportunity to showcase the cooking skills that they have developed so far in the year. Theory knowledge is tested through the use of end of unit tests. Students are given time to prepare and revise for tests by producing revision materials in class and using department Chromebooks to access online materials.

In term two, the students look in depth at Food Science. This starts with the reasons why food is cooked and how food changes during these processes. Now that students have good knowledge of ingredients they can now experiment with their how they function in recipes to give expected

outcomes and a quality product. The students carry out investigative work to explore different scientific principles linked to cooking. This includes protein coagulation by making a soft cheese and emulsification in which students make fresh mayonnaise. Students develop knowledge of food chemistry and question how reactions occur.

Students then progress to study food safety. This is vital in the catering industry and this links into the previous food science module. This includes the principles of food spoilage, temperature control, types of contamination and safe food storage. Practical work teaches students to handle high risk foods appropriately whilst avoiding hazards using safe methods of cooking. Important methods for testing food and how to use a temperature probe to ensure that meat is cooked is also covered.

Before Easter students prepare for their Year 10 mock exam. The students are given the opportunity to experience a two hour practical. This is a culmination of students development of practical skills learnt over the year. They are set a themed two course meal to prepare, cook and serve. They learn to dovetail recipes to maximise available time in the exam which is a necessary skill needed for Year 11. In this, students are expected to prepare, cook and style and serve food within three hours as well as complete all washing up. The students also sit a mock written paper using GCSE standard questions.

In the summer term students explore food commodities. They have a good understanding at this point of the working characteristics and can reflect on the key nutrients provided in a wide range of ingredients. This involves them researching specific food groups including for example cereals, meat and fish and dairy foods. Students will learn about their value in a balanced diet and their working characteristics, cooking techniques and the use of tools & equipment. This helps them to give detailed answers and specific knowledge to exam questions. Students continue to develop high level practical skills and this includes masterclasses on fish and meat from external visitors. Students benefit from demonstrations and up to date presentation on food sustainability.

Throughout all of Year 10 students are expected to build on their food styling ability. This is introduced through a fun challenge involving the food styling and decoration of a simple Tunnock Teacake that has become a nationwide inter school competition. Food styling is a real chefs skill that students thoroughly enjoy.

Progress of all practical work is recorded through photo evidence which is kept in folders and shared through online galleries. We expect presentation of food to be of a high standard and show students ideas in spot demonstrations. The food department are well equipped with a wide range of presentation plates, dishes and slates that students enjoy to choose from to showcase their work on.

Students are expected to prepare, weigh out ingredients as part of their homework each week. We also encourage students to cook regularly at home to build on practical skills learnt and prepare for assessments.

Once the students have finished year 10 they are well prepared with the needed technical skills, ability and knowledge to confidently move into Year 11.