

## **Year 11 Food Preparation and Nutrition**

In term one, students start their Non-exam assessment 1. This is a food science project worth 15% of the GCSE award. The theme of the NEA1 is different each year and is released by the exam board to teachers early in September. The students are asked to investigate a scientific principle related to cooking. Previous projects have included investigating sugar and alternatives in cakes, raising agents used to make a batch of scones, or the best type of fat to be used when making pastry. The project involves researching the theme, planning cooking experiments, predicting a hypothesis, and carrying out practical investigations to test these predictions. This leads to an in depth conclusion in which students refer back to the task and hypothesis. The students really enjoy this style of assessment and that this is practical food science in action.

In term two, the theme for the second NEA is revealed. This gives students a challenge to research, prepare and cook three dishes that demonstrate technical skill. This is why practical lessons, cooking and learning of technical skills in Year 10 is so vital.

Recent exciting NEA2 topics have been local produce, street food and valentines day dishes. The students start by exploring the given theme and carefully researching the topic. Students are able to carefully select their own dishes to show a range of skills and audit these for the project in trial cooks. Example high skills are making a bechamel sauce to go with freshly made pasta, jointing a whole chicken and tenderising the breast meat for escalopes or filleting whole fish to cook en papillote.

Once students have identified their three most skilful dishes they cook these during a three hour cooking session. To score well, students must consider higher ability food styling and presentation of their dishes. These were demonstrated and mastered throughout Year 10 practical lessons. It is fantastic to watch students be proud of their progression in skills and work towards this finale.

Students reinforce their Year 10 knowledge about where topical issues such as where food comes from, learning about food sources and environmental and other ethical issues. These topics are vital to instill and students are always keen to learn about these.

Supplementary to this students also explore ingredients cooking techniques and skills from different culinary traditions to inspire new ideas or modifying existing recipes. Fusion foods are a popular theme that leads to some delicious creations.

In remaining lesson time Year 11 Food students are tasked with recapping, refreshing and renewing their theory knowledge. This revision is vital for successful exam preparation.

Students are given personalised learning checklists to identify strengths but also weaknesses to focus on. Theory notes from Year 10 are used along with exam board specific revision textbooks. Memory recall strategies, such as dual coding, are used to ensure high quality revision is undertaken.

We always support students with in revision lessons with Chromebooks and access to Seneca learning and GCSE POD.