

# SUBJECT: Food Studies

# YEAR GROUP: 10

### Overview:

In Food Studies at KS4 GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

The majority of the specification should be delivered through preparation and making activities. Students must be able to make the connections between theory and practice to apply their understanding of food and nutrition to practical preparation. The main topics and themes have been grouped to help you teach the specification,

- 1 Food, nutrition and health
- 2 Food science
- 3 Food safety
- 4 Food choice
- 5 Food provenance.



### PROGRAMME OF STUDY

#### During the Food Studies rotation students will:

- consider the influence of lifestyle and consumer choice when developing meals and recipes
- consider nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods and portion sizes
- develop the ability to review and make improvements to recipes by amending them to include the most appropriate ingredients, processes, cooking methods and portion sizes
- manage the time and cost of recipes effectively
- use their testing and sensory evaluation skills, adjusting where needed, to improve the recipe during the preparation and cooking process
- explain, justify and present their ideas about their chosen cooking methods to others
- make decisions about which techniques are appropriate based on their understanding of nutrition, food, different culinary traditions and cooking and food preparation content in order to achieve their intended outcome. They should be able to carry out these techniques safely and combine them into
- appealing meals whilst evaluating the results. Sauce making (practical application: carbonara for pasta, velouté for chicken pie)
  - Testing for doneness using a variety of methods (bite test, temperature probe)
  - Applying a variety of finishing techniques (practical application: glazing sausage rolls, icing profiteroles)

### METHOD OF ASSESSMENT

- Completion of a baseline test
- Completion of work in individual subject booklet
- Class discussions
- Self and peer marking
- Reviewing knowledge and skills acquired during the term
- Successful outcome of food products from following step-by-step instructions given by the teacher
- Teacher feedback and self-evaluation of food products identifying successes and targets for improvement
- Weekly homework monitoring
- Mid-term and end of term assessments