



## PROMISE #3

### I WILL LEARN:

Problem Solving  
Ability to design and plan  
Ability to use tools safely  
Creative thinking  
ICT skills



# FOOD AND NUTRITION

 **matter** AS A FOOD NUTRITIONIST



## PROMISE #4

### POSSIBLE CAREERS:

- Animal Nutritionist
- Baker
- Brewing Technician
- Catering Assistant
- Chef
- Dietician
- Drink and Food Service
- Fitness Instructor
- Food Technologist
- Health Promotion
- Hotel Manager
- Nurse
- Retail Manager

# IMATTER AS A FOOD NUTRITIONIST

## YEAR 9

I will start GCSE Food and Nutrition by developing and increasing my preparation and cooking skills, experiencing new dishes and refining my abilities. I will complete a Level 2 Food Safety course gaining an additional qualification for my Record of Achievement and enhancing my understanding. I will focus on learning how a safe, commercial kitchen is run and the expectations of staff that work there. I will plan and develop dishes for set briefs, evaluating my performance to refine my practice.

## YEAR 10

I will explore different commodities to enable me to consider food provenance, how commodities are grown or reared and processed. I will explore how different foods should be prepared, cooked and stored safely and hygienically, reducing risk. I will study the nutritional values of different ingredients including functions, deficiencies and excess. I will investigate the dietary impact of different ingredients and how they perform scientifically under different conditions to enhance my dishes and understanding.

## YEAR 11

I will sit Unit 2 Assessment 1: Food Investigation Assessment and Assessment 2: The Food Preparation Assessment. I will produce enjoyable, detailed projects that will test my research, planning, making and evaluation abilities. I will make a rigorous revision plan to consolidate my knowledge and understanding ready for application in Unit 1: Written Examination. The 2 units complete the GCSE Food and Nutrition course summarising my skills and knowledge for life beyond the Deanes.

## INTENT

iMatter as a Food Nutritionist because I will develop an understanding of how food impacts on the body. I will acquire a wide range of culinary skills to practise and conquer. I will be empowered to experiment scientifically and discover functionality. I will have the ability to prepare nourishing meals assisting healthy living and the reflective thought to create even tastier dishes in future.

# FOOD AND NUTRITION

	WHAT ARE WE LEARNING?	WHAT KNOWLEDGE, UNDERSTANDING AND SKILLS WILL WE GAIN?	WHAT WILL EXCELLENCE LOOK LIKE?	HOW WILL THESE BE ASSESSED?
<b>YEAR 9 AUTUMN</b>	<p>Food Hygiene and safety. Skill development of preparation and cooking techniques.</p>	<p>Students will develop safe and hygienic practices regarding personal and environmental hygiene. They will also consider risk and how to minimise it. Students will develop and enhance their practical preparation skills demonstrating effective and safe cooking skills by planning, preparing and cooking a variety of food commodities. They will also explore different cooking techniques and equipment.</p>	<p>A sound knowledge and understanding of safe and hygienic practices and how it looks regarding personal practise and the kitchen environment around. Skilled, independent production of skilled products made to a quality finish. Creative touches made to customise dishes and show flair. Detailed knowledge of commodities studied.</p>	<p>Students will be assessed on their making skills and knowledge of ingredients: Year 9 Practical Assessment: Pastry Product.</p> <p>Students will take a written paper to assess their knowledge/understanding regarding safe and hygienic practices and the pastry commodity; Year 9 Practise Exam Paper.</p>
<b>YEAR 9 SPRING</b>	<p>Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of food and drinks.</p> <p>Level 2 Food Hygiene Award</p>	<p>Students will increase their knowledge and understanding of both cooking skills, cooking methods, utensils and equipment. Students will also progress through an online Level 2 Food Hygiene Award to enhance their knowledge and understanding of professional standards and expectations of the Food Industry. They will also learn to create of dishes in response to a brief. Reflection will be documented to enhance progress and assist the development of improved dishes and products.</p>	<p>Students will gain a strong percentage pass and certification to be used in their record of achievements for after school. Products and dishes will develop to show more skill and refinement. Students will show creativity and flair when responding to mini briefs to produce suitable both tasty and attractive dishes they can review in a range of ways. Assessment work will be completed to a high standard with improvement made to enhance progress.</p>	<p>Online Level 2 Food Hygiene Award: Must gain over 83% to pass. 11 units to complete.</p> <p>Evaluation of Made Product: Soup</p> <p>Planning assessment: Bread Making</p> <p>Making Assessment: Flavoured bread</p>

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<b>YEAR 9 SUMMER</b>	Develop knowledge and understanding of the functional properties and chemical characteristics of food and potential flaws.	Students will increase their knowledge and understanding of baked commodities, cooking methods and some utensils and equipment. Students will also learn to create dishes in response to a brief with a focus this term on baked goods. Reflection will be documented to enhance progress and assist the development of improved dishes and products. Students will also consider potential flaws in products causes and how to resolve. Students will also be offered an optional work experience opportunity in the school canteen if they would like to gain an additional certificated experience to gain knowledge and develop skills such as communicating with others, following instructions in a commercial food preparation environment.	Students will make detailed and thoughtful notes in their class books. Asking questioning to clarify and uncertainties or misconceptions. Students will plan and create products that will develop their skills and refine their finishing skills e.g plaware, decorating, garnishing, piping etc. Students will show creativity and flair when responding to mini briefs to produce suitable both tasty and attractive dishes they can review in a range of ways. Students will also consider what can go wrong when making products e.g sunken cakes in order to be able to advice how to avoid these pitfalls. Written examination will be revised for using knowledge organiser and revision book and completed to a high standard. Time will be allocated for student to reflect on their performance in order to decide their next steps and enhance progress with teacher feedback.	Students will be assessed on their making skills and knowledge of ingredients:  Making Assessment: Gateaux  Students will take a written paper featuring examination questions from the WJEC paper to test their knowledge, understanding and application.
	<b>WHAT ARE WE LEARNING?</b>	<b>WHAT KNOWLEDGE, UNDERSTANDING AND SKILLS WILL WE GAIN?</b>	<b>WHAT WILL EXCELLENCE LOOK LIKE?</b>	<b>HOW WILL THESE BE ASSESSED?</b>
<b>YEAR 10 AUTUMN</b>	Commodities and Diets  Students will explore a range of different commodities to discover their provenance	Students will gain an understanding of British foods, including classification, nutritional values, dietary considerations, food science, storage, and food hygiene and safety factors. They will also learn how to utilise the commodities in the practical dishes they produce in response to briefs.	Students contribute to discussions and ask enquiring questions. They are assertive and enthusiastic learners who ensure their practicals are well planned and executed. Dishes are created in a skilled and hygienic manner expressing creativity. Dietary considerations will be evident when learners discuss the dishes they have selected to make.	Learners will be assessed on their ability to apply the knowledge they have learned to a GCSE Question paper to check understanding.  Assessed dish to show knowledge and understanding of practical skills and ability: Practical Assessment: Vegetable Dish

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<b>YEAR 10 SPRING</b>	<p>Commodities and Diets</p> <p>Students will explore a range of different commodities to discover their provenance and function</p>	<p>Students will gain an understanding of British foods, including classification, nutritional values, dietary considerations, food science, storage, and food hygiene and safety factors. They will also learn how to utilise the commodities in the practical dishes they produce in response to briefs.</p>	<p>Students contribute to discussions and ask enquiring questions. They are assertive and enthusiastic learners who ensure their practicals are well planned and executed. Dishes are created in a skilled and hygienic manner expressing creativity. Dietary considerations will be evident when learners discuss the dishes they have selected to make.</p>	<p>Assessed dish to show knowledge and understanding of practical skills and ability: Practical Assessment: Meat Dish</p> <p>Nutritional Analysis and Evaluation of made dish.</p> <p>Learners will be assessed on their ability to apply the knowledge they have learned to a GCSE Question paper to check understanding.</p>
<b>YEAR 10 SUMMER</b>	<p>Commodities and Diets</p> <p>Students will explore a range of different commodities to discover their provenance and the nutrients they contain and its impact on health</p>	<p>Students will gain an understanding of British foods, including classification, nutritional values, dietary considerations, food science, storage, and food hygiene and safety factors. They will also learn how to utilise the commodities in the practical dishes they produce in response to briefs. They will also gain knowledge and understanding regarding how to undertake a food science investigation to explore the best means of creating a product in response to a brief. e.g the best ingredients to use to thicken a pizza sauce. They will research, experiment and draw conclusions in small groups in preparation for year 11 to ensure they gain feedback in order to refine their skills. No feedback is permitted in year 11.</p>	<p>Thoughtful and detailed classwork written in books and for assignment. Students contribute to discussions and ask enquiring questions. They are assertive and enthusiastic learners who ensure their practicals are well planned and executed. Dishes are created in a skilled and hygienic manner expressing creativity. Dietary considerations will be evident when learners discuss the dishes they have selected to make. Food investigation work is detailed with feedback gained to develop work. Sensible ideas given for research, experiment and results explained. Written examination is well attempted, student has clearly prepared using their revision guide and knowledge organiser in order to inform their responses that show clear knowledge and understanding.</p>	<p>Learners will be assessed on their practise NEA Unit 1 Food Investigation Practise Written Examination Paper</p>

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<b>YEAR 11 AUTUMN</b>	Unit 3 Exploring Balanced Diets	Students will develop a range of techniques to assist them with their Year 11 written examination. They will both revise in class theoretically and practically to assist them with their exam performance. Previous exam performance will be reviewed with directed improvement response time given for development. Unit 2 practicals must also be completed, several practicals will also take place to assist learners with skill and theoretical applied knowledge development. Following the examination Unit 2 written work will be being completed. Exam Tuesday 6th November 2018 (before Mock Week)	Students will develop a set of notes containing past questions answered to a high standard and consider a range of different exam techniques and scenarios that could come up in their exam. Students will utilise past papers and what they know to progress, reviewing their progress, identifying areas of weakness for development and strengthening. Students will take their exam well prepared, confident and calm to reach or better their target grade. Unit 2 will be nearing completion for assessment.	Learners will apply their revised knowledge and understanding to complete their  Unit 3: Food and Cookery Examination on Tuesday 6th November  Develop knowledge and understanding of food function, ingredient use and nutritional content: Unit 2: Exploring balanced diets
<b>YEAR 11 SPRING</b>	Unit 2 Exploring Balanced Diets  Unit 4 Plan and produce dishes in response to a brief	Exposure to a brief that requests the making of a meal, analysis of the brief and research as a response, specification of the design of the meal. Testing and trialling of dishes to assist refinement, skill development, presentation and the finding of suitable dishes that appease the senses.	Students will respond in detail to their brief analysing it. They will then research their project and create a specification from their findings. Dishes will be tested and practised to ensure they make good choices for their 2 course menu, feedback will be gained from these trials to assist their development. Students will then plan their practical exam and then evaluate in detail their performance utilizing feedback forms they have generated.	Results for Unit 3 November examination back at the end of January for teacher and student review of performance.  Unit 4: internally assessed then moderated in April 2019  Unit 3: Externally marked exam in March - resit for students if required based on November performance.