

## Food Studies Curriculum Information

### Year 6

The Year 6 Food Studies course explores the basic principles of preparing food in the home safely and hygienically, plus the development of basic culinary skills. The following topics are studied: measuring and weighing accurately, safety in the kitchen and the prevention of accidents, the safe use of blenders and microwaves and the importance of fruits, vegetables and milk in a balanced diet. During the course pupils work towards the Active Kids Get Cooking Bronze Food Award. The final practical assessment involves the pupils designing and making a milk-based drink or smoothie.

### Year 7

The Year 7 Food Studies course explores the topic of healthy eating. In the theory lessons pupils are taught the importance of healthy eating and how to use these guidelines in their diet. During practical lessons pupils are taught how to adapt basic recipes to make them healthier. During the course pupils work towards the Active Kids Get Cooking Silver Food Award. The final practical assessment involves the pupils preparing a healthy main meal or dessert.

### Year 8

Year 8 pupils follow a course on Food Hygiene and Safety in their theory lessons. This includes the methods of preventing food poisoning whilst cooking, as well as buying and storing food safely. Pupils work towards a Gold Active Kids Get Cooking Food Award. The final assessment involves the pupils preparing a traditional pasta dish that has been made healthier through the choice of ingredients or cooking methods. Therefore, during practical lessons they cook a variety of pasta dishes and teach the pupils how to adapt and modify recipes to make them healthier.

### Year 9

The Year 9 Food Studies course explores the nutritional needs of teenagers and the current healthy eating principles. Pupils work towards a Platinum Active Kids Get Cooking Food Award. The final assessment involves the pupils preparing a healthy school dinner product. Therefore, during practical lessons they cook a variety of healthy dishes that appeal to teenagers and also develop their culinary skills.

### Year 10

#### **GCSE Home Economics (Food and Nutrition) OCR**

The course starts with the Nutrition and Health unit. J431. We revise the healthy eating recommendations and the relationship between diet and good health. Pupils



then study the function and sources of nutrients in the diet, before progressing to the Deterioration, Safety and Preservation unit, where we cover the causes of food spoilage and how to avoid and reduce the risk when preparing, cooking and storing a range of foods in the home. Pupils cook a wide variety of dishes to develop their practical skill level and reinforce the theory topics. They are assessed at the end of each topic in both theory and practical work. The Individual Task, worth 30% of the total exam mark, is completed in Year 10 plus two short tasks worth 20%.

## **Year 11**

In the fourth term of the GCSE Home Economics course the girls complete the final task. In this investigation, pupils adapt a standard recipe to make it healthier and then look at the dishes improvement in nutritional value and analyse the data. We have now completed all the course work which represents 60% of the total mark. During the remainder of the year we will be completing the following units: food preparation, meal planning, preservation and consumer education.

## **Year 12**

### **GCE Home Economics (Food, Nutrition and Health) OCR**

The two units at AS that we study are Society and Health and Resource Management. In the Society and Health unit we investigate health, social and environmental issues, family and society and demography. In the Resource Management unit we investigate food safety and hygiene, food provision and preparation and financial awareness and retailing. Both units are externally assessed in June. Pupils have an opportunity to be creative with food through practical activities which support theory work.

## **Year 13(A2)**

### **GCE Home Economics (Food, Nutrition and Health) OCR H511**

The two units studied at A2 are Investigative Study (G003) and Nutrition and Food production (G004). Nutrition and Food Production is an externally assessed unit and includes nutrients and energy, properties of food, dietary needs and development and production of food. The investigative study is an internally assessed unit and is of an investigative nature. Candidates select their own content and develop their own task to include practical work.

