

FOOD PREPARATION AND NUTRITION

KS4

Maths

How can we eat a healthy diet?

What are the macronutrients and micronutrients our body needs?
What are the quantities of different foods we should eat to maintain a healthy and balanced diet?
What are the different groups within the Eatwell Guide?
How can we meet the Recommended Intake (RI) values?
What is the comparable nutrition for 100 grams of a food product with another?

Maths, EIM

What are the food needs of different groups?

Which ingredients provide the nutrition that different health conditions should eat?
Why do we prefer different foods?
What happens when we develop deficiencies?



YR10

Science

How can we use the properties of ingredients to produce food products?

What are the different properties of ingredients?
How can we combine different ingredients to produce food products?
How do we combine different properties of foods?
How can we alter the properties of ingredients to enhance our food products?
What happens when we heat food?
Do we know how to change the properties of foods?



Maths, Science

What are the principles of food safety?

What is food safety?
What do we need to do to produce food hygienically?
What is the danger zone?
At what temperatures should we store foods?
How do we store ingredients and food products?
What are bacteria and microorganisms?
How do we know when a food product is cooked?
What checks can we complete to ensure our ingredients and foods are safe?
What is a food allergen?

Geography

Where do our ingredients and foods come from?

What are the differences between primary and secondary food products?
How far does our food travel?
How can we source food locally?
Who and where are our local food growers and sellers?

What are alternatives to food products?
What is a food supply chain?
What are food miles?
What is the cost of our food?
What is seasonality?



LOCAL FOOD GROWERS AND SUPPLIERS

Food investigation

What is a food investigation?

What are the functions of different ingredients?
How can we test and compare foods when they are combined?
How to research, plan and carry out an investigation into the working characteristics, functional and chemical properties of ingredients.
How do I develop research skills to gather and use primary and secondary sources of information?
What do I do to develop analysis and evaluation skills and explain how findings will influence practical investigations?
How can I write a hypothesis or prediction based upon research findings?
What steps do I need to take to plan relevant and appropriate practical investigations referring to research findings and hypothesis?

What do I do to carry out a range of practical investigations into the working characteristics, functional and chemical properties of ingredients as identified in research findings?
How can I identify essential controls when carrying out a food investigation?
How can I display my findings from practical investigation?
What do we do to analyse and interpret the results of investigative work?
How can I link the results to research explaining the working characteristics, functional and chemical properties of ingredients tested?
What is the best way to write a conclusion to the hypothesis/prediction with reasons and justifications?
How can I explain how results can be applied into practical food preparation and cooking?



YR11

Food practical

What is a food practical?

How can we deliver food products to meet the need for a given food context?
What are the nutritional needs of different groups?
What are the skills we can include to deliver a complex food product, demonstrating our practical skills?
What is a sensory evaluation?
How do we evaluate a food product using the different sensory analyses?
• Analyse a task and carry out research on a life stage/dietary group or culinary tradition
• Demonstrate a range of technical skills
• Plan a final menu for chosen life stage/dietary group or culinary tradition
• Prepare, cook and serve three dishes in a three- hour session
• Analyse and evaluate final menu.



Exam preparation

How can I make sure I am revising effectively for this subject?
How do I memorise and recall knowledge I need for the exam?
How do I maximise marks in this subject's exam?
What are the gaps in my knowledge and how can I address them?
How do I approach exam questions in this subject to ensure I reach the highest grade?



BRIDGING TO SIXTH FORM

What is food hygiene and food safety?

How can we meet the nutritional needs of different groups?

How do we deliver food products to time?

How do we plan to ensure food is produced safely?

What are microorganisms?

What are the nutritional needs of different groups of people?

How can we adapt the ingredients to ensure the nutritional needs are met?

What are the components of a dovetailed time plan?

How can we enhance a food product?

What are methods of presentation?

FOOD HYGIENE LEVEL 2 COURSE

KS5