

FOOD & NUTRITION KS4: Year 11



CARDINAL
NEWMAN
CATHOLIC SCHOOL



SUMMER
3.2



SUMMER
3.1

Food Preparation and Nutrition
Revision

- Topics To Be Covered:
- Food commodities
 - Principles of nutrition
 - Diet and good health
 - The science of food
 - Where food comes from
 - Cooking and food preparation



SPRING
2.2

NEA 2

The Food Preparation Assessment

Prepare, cook and present a menu which assesses the learner's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food.

The learner is required to:

- Plan, prepare, cook and present a selection of dishes, to meet a particular requirement.
- Investigate and plan the task, select a final menu to be produced to showcase skills and produce a plan of action for the practical execution of the dishes (to include trialling and testing)
 - Prepare, cook and present a menu of three dishes within a single session.
 - Evaluate the selection, preparation, cooking and presentation of the three dishes.
- Produce a portfolio of evidence which includes documentation related to the selection of dishes, planning and evaluation and photographs and/or visual recordings which demonstrate the learner's application of technical skills and the final outcomes.

SPRING
2.1



NEA 1

The Food Investigation Assessment

A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.

The learner is required to:

- Research and plan the task.
- Investigate the working characteristics, function and chemical properties of ingredients through practical experimentation and use the findings to achieve a particular result.
- Analyse and evaluate the task.
- Produce a report which evidences all of the above and includes photographs and/or visual recordings to support the investigation.

AUTUMN
2.2



AUTUMN
1.2



OUR LEARNING JOURNEY

In Year 11, you will spend the first term completing the externally set Scientific Food Investigation Assessment. You will research, investigate, analyse and evidence your findings in a portfolio of work. You will then go on to complete the externally set Food Preparation Assessment where you will prepare, cook and present a menu and produce a portfolio of supporting evidence. Finally, you will review and renew your knowledge of previous topics to prepare for the final examination.

