



Wanstead High School

Education with Character

Food & Nutrition Curriculum Content 2024 - 25

Key Stage 3 - Year 7, 8 & 9
Key Stage 4 - Year 10 & 11



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Food and Nutrition Year 7

Pupils receive 3 lessons each fortnight for 10 weeks during the academic year.

Food and Nutrition in the curriculum is essential in order to help develop consumers who have an awareness of a balanced diet and the practical skills to help them meet this need. It also allows pupils to explore environmental, social and religious issues around food and how these impact on their food choices. As they move through their education, they will develop a secure understanding of the role of food science in food production and how this can be manipulated while cooking.

Food and Nutrition inspires pupils to develop Education with Character by supporting their skills in becoming consumers who question the role of food in their daily lives and the far-reaching impact of their choices.

Skills developed in Food and Nutrition are

Presentation	Design	Investigative
Evaluation	Planning	Analytical

What is taught	When is it taught	Reading list and Literacy focus	Where the curriculum is ambitious
<ul style="list-style-type: none"> • Health and Safety. • Where food comes from. • Basic practical skills. 	<p>During a 10-week block of lessons.</p>	<p>New vocabulary and subject specific key words.</p> <p>Equipment: - such as dredger and fish slice.</p>	<p>Year 7 will start at Wanstead with very different base levels in their previous experiences however there will always be occasions when our pupils are stretched.</p> <p>In Year 7 this will include their Independent Learning Assignment (ILA) which asks pupils to justify their point of views surrounding an over reliance on imported fresh foods.</p> <p>In practical lessons pupils will be encouraged towards the end of the rotation to complete a dish without a demonstration, testing their skills in independent learning and problem solving.</p>

How are pupils informally and formally assessed?	Independent Learning Assignments (ILAs), end of rotation tests, class contribution, practical work.
Developing Independent and Home Learning Skills	Independent Learning Assignment (ILA) to be completed focusing on the importance of sustainability.
Useful e-Learning Resources (e.g., web links)	https://www.nutrition.org.uk/www.bbc.co.uk/food
Equipment for lessons	Black pen, green pen, pencil, rubber, ruler, highlighter, calculator, glue stick.
Enrichment activities	Competitions and trips throughout the year.
Careers curriculum	Visiting chefs and food experts. Competitions at local colleges and food venues.
Head of Department and email contact	Mr A Yiacoumi mailto:a.yiacoumi@wansteadhigh.co.uk

Food and Nutrition Year 8

Pupils receive 3 lessons each fortnight for 10 weeks during the academic year.

Food and Nutrition in the curriculum is essential in order to help develop consumers who have an awareness of a balanced diet and the practical skills to help them meet this need. It also allows pupils to explore environmental, social and religious issues around food and how these impact on their food choices. As they move through their education, they will develop a secure understanding of the role of food science in food production and how this can be manipulated while cooking.

Food and Nutrition inspires pupils to develop Education with Character by supporting their skills in becoming consumers who question the role of food in their daily lives and the far-reaching impact of their choices.

Skills developed in Food and Nutrition are: -

Presentation

Design

Investigative

Evaluation

Planning

Analytical

What is taught	When is it taught (Terms or Half Terms)	Reading list and Literacy focus	Where the curriculum is ambitious
<ul style="list-style-type: none"> - Dietary goals. - Function of cake ingredients. - Practical skills. 	<p>10-week block of lessons</p>	<ul style="list-style-type: none"> - Science subject specific vocabulary - Dietary illnesses 	<ul style="list-style-type: none"> - Pupils will be asked to complete an NEA (non-examination assessment) style assessment which tests and develops their skills in independent learning and problem solving. They will also have to apply their knowledge to make predictions when baking with or without the necessary ingredients. - Pupils will be encouraged to experiment with new recipes, creating their own dishes and explore new innovative techniques in a kitchen environment. - They will receive a more comprehensive nutrition education, where pupils will learn and develop life-long eating habits through understanding food labels and making healthy food choices. - Pupils will also be expected to show a great deal more personal responsibility with their choice of ingredients and be entrusted to work with raw meat. - Exposing pupils to real-world experiences and inspiring them to pursue careers in the food industry by inviting guest speakers, field trips, visiting local businesses in the community to learn directly from the experts.

How are pupils informally and formally assessed?	Independent Learning Assignments (ILAs), end of rotation tests, class contribution, practical work.
Developing Independent and Home Learning Skills	Independent Learning Assignments (ILAs) to be completed focusing on nutrition.
Useful e-Learning Resources (e.g., web links)	https://www.nutrition.org.uk/ www.bbc.co.uk/food

Equipment for lessons Black pen, green pen, pencil, rubber, ruler, highlighter, calculator, glue stick.

Enrichment activities Competitions and trips throughout the year.

Careers curriculum Visiting chefs and food experts. Competitions at local colleges and food venues.

Head of Department and email contact Mr A Yiacoumi
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Head of Department
Art, Design and Technology

Food and Nutrition Year 9

Pupils receive 3 lessons each fortnight for 10 weeks during the academic year.

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Skills developed in Food and Nutrition are: -

Skills developed in Food and Nutrition are: -

Presentation
Evaluation

Design
Planning

Investigative
Analytical

What is taught	When is it taught (Terms or Half Terms)	Reading list and Literacy focus	Where the curriculum is ambitious
<ul style="list-style-type: none"> - Dietary needs. - Function of pastry ingredients. - Practical skills. 	10-week block of lessons.	<ul style="list-style-type: none"> - Science terminology. - Dietary illnesses. 	<p>Pupils will develop practical life skills, which includes meal planning, budgeting and food safety. These are essential life-skills which will inform and empower them to make informed decisions about food choices and decisions.</p> <p>Through the introduction of food chemistry and the role of different ingredients in cooking processes, pupils will deepen their understanding of the scientific principles behind food preparation and enhance their critical thinking skills.</p> <p>Pupils will look in depth at pastry and will be able to apply their previous learning of the roles of ingredients to obtain hypotheses for the effects of ingredient manipulation.</p> <p>Pupils will also be expected to read a recipe for Katsu Curry and plan a dovetailed sequence of work before they make the product.</p>

How are pupils informally and formally assessed?	Independent Learning Assignments (ILAs), end of rotation tests, class contribution, practical work.
Developing Independent and Home Learning Skills	Independent Learning Assignment (ILA) to be completed focusing on dietary needs.
Useful e-Learning Resources (e.g., web links)	https://www.nutrition.org.uk/ www.bbc.co.uk/food

Equipment for lessons	Black pen, green pen, pencil, rubber, ruler, highlighter, calculator, glue stick.
Enrichment activities	Competitions and trips throughout the year.
Careers curriculum	Visiting chefs and food experts. Competitions at local colleges and food venues.

Head of Department and email contact	Mr A Yiacoumi a.yiacoumi@wansteadhigh.co.uk Head of Department Art, Design and Technology
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Food and Nutrition - Year 10

Pupils receive 6 lessons each fortnight throughout the academic year.

Food and Nutrition in the curriculum is essential in order to help develop consumers who have an awareness of a balanced diet and the practical skills to help them meet this need. It also allows pupils to explore environmental, social and religious issues around food and how these impact on their food choices. As they move through their education, they will develop a secure understanding of the role of food science in food production and how this can be manipulated while cooking.

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Skills developed in Food and Nutrition are: -

Presentation	Design	Investigative
Evaluation	Planning	Analytical

What is taught	When is it taught (Terms or Half Terms)	Reading list and Literacy focus	Where the curriculum is ambitious
Nutrients	Autumn term	Food science vocabulary Dietary vocabulary	Pupils are encouraged to make high level practical products leading to their non-examination assessment (NEA).
Food science	Spring term		
Dietary Needs	Spring term		
Hygiene and Safety	All terms		
Mock NEAs	Summer term		

How are pupils informally and formally assessed?	ILA assignments, end of rotation tests, class contribution, practical work
Developing Independent and Home Learning Skills	Mock NEAs and evaluations written up at home.
Useful e-Learning Resources (e.g., web links)	https://www.nutrition.org.uk/ www.bbc.co.uk/food

Equipment for lessons	Black pen, green pen, pencil, rubber, ruler, highlighter, calculator, glue stick.
Enrichment activities	Competitions and trips throughout the year
Careers curriculum	Visiting chefs and food experts. Competitions at local colleges and food venues

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Food and Nutrition - Year 11

Pupils receive 6 lessons each fortnight throughout the academic year.

Food and Nutrition in the curriculum is essential in order to help develop consumers who have an awareness of a balanced diet and the practical skills to help them meet this need. It also allows pupils to explore environmental, social and religious issues around food and how these impact on their food choices. As they move through their education, they will develop a secure understanding of the role of food science in food production and how this can be manipulated while cooking.

Food and Nutrition inspires pupils to develop Education with Character by supporting their skills in becoming consumers who question the role of food in their daily lives and the far-reaching impact of their choices.

Skills developed in Food and Nutrition are: -

Presentation

Design

Investigative

Evaluation

Planning

Analytical

What is taught	When is it taught (Terms or Half Terms)	Reading list and Literacy focus	Where the curriculum is ambitious
<p>NEA 1</p> <p>Research plan and carry out an investigation into the working functions and chemical properties of ingredients.</p> <ul style="list-style-type: none"> Record the investigation findings Analyse and evaluate <p>Present the food investigation task.</p>	<p>Autumn term</p>	<p>Mind mapping activity. Research Example from AQA NEA (Non-examination assessment) materials. Hodder textbook PP412 Hodder resources Secondary research textbook websites multimedia including animations You tube clips TV programmes prior knowledge, magazines. https://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/subject-specific-vocabulary Mind map of researching the task. Identification of relevant primary and secondary sources of research that could be used to gather information or data.</p>	<p>Non-examination assessment (NEA) 1 requires strong research into the science behind ingredients, how ingredients function and what happens if certain variables are changed. For example, pupils examine the role of starch and protein in flour.</p> <p>Pupils are encouraged to make high-level practical products that require complicated skills, for example making Ravioli pastry which involves stuffing, shaping and presenting the final dish accompanied with a sauce. They also make puff pastry which requires folding and layering in a timeframe. This will lead to a high-level of skills demonstrated in their NEA.</p>
<p>NEA 2</p> <p>Understand the requirements of the food preparation task Analyse a task and carry out research on life stage/dietary group or culinary tradition</p> <ul style="list-style-type: none"> Demonstration a range of technical skills Plan a final menu for chosen life stage/dietary groups or culinary tradition 	<p>Spring term</p>	<ul style="list-style-type: none"> Demonstration technical skills Planning for final menu Making the final dishes practical session. <p>Textbook food preparation chapter pp 305-324 https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585</p>	

<ul style="list-style-type: none"> • Prepare cook and serve three dishes in three-hour session • Analyse and evaluate the final menu. 			
Past papers	Summer term		
AQA papers		Revision cards peer activities	<p>Cross-Curricular connections and integrate Design and Technology with other subjects (such as Mathematics and Biology) to enable pupils to think more creatively.</p> <p>Chef lecturers from college that come in and also assess pupil's work.</p>

How are pupils informally and formally assessed?	<p>There is one exam paper for this qualification, 120-minutes in length. Throughout the course pupils will sit real exam questions at the end of each unit. These will be sat under exam conditions and pupils will only be notified of the units being tested and not the actual content.</p> <p>The Year 11 mock exam will be a full 120-minute paper.</p> <p>There are also a range of different exam style questions pupils complete in class in timed conditions.</p>
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Developing Independent and Home Learning Skills	<p>NEAs and past papers completed at home.</p> <p>Google classroom.</p> <p>Practical cooking at home to ensure the three final dishes can be completed within exam time.</p>
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Useful e-Learning Resources (e.g., web links)	<p>https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585</p> <p>www.bbc.co.uk/food</p> <p>Google classroom</p>
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Equipment for lessons	Black pen, green pen, pencil, rubber, ruler, highlighter, calculator, glue stick.
Enrichment activities	Competitions and trips throughout the year. Chef visits for demonstrations.
Careers curriculum	Visiting chefs and food experts. Competitions at local colleges and food venues

Head of Department and email contact	<p>Mr A Yiacoumi a.yiacoumi@wansteadhigh.co.uk Head of Department Art, Design and Technology</p>
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