

Food Preparation and Nutrition

‘God comes to the hungry in the form of food’ Mahatma Gandhi

‘No one is born a great cook, one learns by doing’

What does progress look like in Food Preparation and Nutrition?

- Pupils will focus on three key areas: development of practical skill, the science behind cooking and understanding food manufacture and production.
- Pupils will progress from using simple cooking skills to make basic products to being able to cook a full meal for a clear target customer in a set amount of time, giving clear reasons for their choice of menu selected.
- Pupils will develop their ability to work independently, starting from following step-by-step guidance to working from method sheets, to independently planning the order in which they will make products.
- By GCSE level pupils will have the ability to assess the taste, flavour and cooking time based on the product they have selected to cook.
- Pupils will develop their understanding of the functions of ingredients in cooking and in our diet. They will beware of the social, moral and economic impact of food manufacturing, packaging, air miles and of personal diets.

How will my child be assessed in Food Preparation and Nutrition?

- Pupil’s progress will be measured against our ‘Learning Ladder’, which can be found on the front page of pupils’ booklets.
- Pupils will be able to use the information on the ‘Learning Ladder’ along with written feedback in their booklets to understand how to make the next steps in their learning.
- Pupils will be assessed on how well they have tackled the skill focus for that lesson, along with their level of independence and the quality of the product produced.
- Pupils will complete an end of unit test to assess their personal knowledge and understanding of the topics covered.
- Pupils will complete one test practical over the course of the unit.
- Their work will be formally assessed at the end of the unit, helping them to see where they are up to in their learning and allowing them to focus on, and develop, the skills they will need to reach their potential at GCSE level.

What can I do to help my child make progress in Food Preparation and Nutrition?

- Encourage your child to get involved with cooking at home.
- Help your child to learn the names of key pieces of cooking equipment and practise the spellings.
- Encourage your child to select fruit and vegetables from the shops, looking at what is in season, where the produce comes from and how this impacts on the price.
- Encourage your child to organise themselves, shopping for their own ingredients and carrying out processes such as weighing independently.
- Discuss with your child what makes a healthy diet and what changes could be made to a diet to help meet the Healthy Eating Guidelines.
- Eat the food your child has made and discuss what is good and what could be improved.