

Food and Nutrition

In Year 9 girls will learn and understand where food comes from and how it is produced and sold and how food and recipes varies within different cultures throughout the world. They will also learn how food can be prepared and cooked skilfully and safely to produce delicious and nutritionally balanced meals.

In Year 9 girls should be able to continue to select appropriate ingredients, techniques and finishes, research using a variety of primary resources, communicate their ideas, work to a detailed and logical time plan and evaluate their work. More able girls will show a greater degree of independence, develop ideas with more detailed criteria and select dishes which require a variety of complex skills, use a variety of media for communication and evaluate beyond the requirement of the brief.

Knowledge, skills and understanding

- The importance of food safety is emphasized and applied throughout this scheme of work.
- Girls will discuss cultural influences on food consumption and prepare a variety of cultural dishes such as Paella, Lasagne and Pain au Chocolat.
- The advanced cooking methods and skills involved in making a variety of cultural products are discussed and demonstrated.
- Girls will carry out appropriate research using a variety of resources including ICT and will gain an understanding of the food science involved in Food Investigation Tasks.
 - During the final practical assessment girls use their knowledge, skills and understanding to produce dishes which celebrates food from another country or culture.

Assessment

At the beginning of each project girls are told what they need to do to achieve the target level and what could improve their attainment to the next level. Work is continually assessed throughout each unit of work with teacher comments providing details on where the student has been successful and how they can improve in future. Grades are not given for each piece of work, instead we provide each student with a grade half way through their course and then a summative grade for attainment and effort is given at the end. The girl's final grade will be based on the quality of their homework, their research work, the outcome of their final practical assessment and their final evaluation report.

Homework and classroom activities including practical work will be based on the following assessment objectives (as set out by the AQA food Preparation and Nutrition specification).

- AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.
- AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.
- AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.
- AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by yourself and others.