

## **Food and Nutrition**

In Year 7 girls will learn and understand what food is composed of, why we need it and how it affects our long-term health. They will also learn how food can be prepared and cooked skilfully and safely to produce delicious and nutritionally balanced meals.

In Year 7 girls should be able to select appropriate ingredients, techniques and finishes, research using existing products, communicate their ideas, work to a time plan and evaluate their work. More able girls will show a greater degree of independence, develop ideas with more detailed criteria, use a variety of media for communication and evaluate beyond the requirement of the brief.

### **Knowledge, skills and understanding**

- Girls start by considering Hygiene and Safety principles and how this affects them and others with whom they work.
- Basic pieces of equipment are used to make a variety of products such as bread, scones and pasta salad. Fruit and vegetables are also discussed and used in light of the Government's 'five portions a day' recommendation.
- Girls can experiment and showcase their creative skills during a lesson on food styling.
- The basic cooking methods and functions of ingredients involved in making a variety of products are discussed and demonstrated.
- All girls are shown how to use a cooker. They look at the different methods of cooking and how this affects the finished result of products.
  - During the final practical assessment girls use their knowledge, skills and understanding to produce a savoury scone.

### **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.