

Food and Nutrition

In Year 8 girls will learn and understand how the food choices people make affect the health and well-being of themselves and others. They will also learn how food can be prepared and cooked skilfully and safely to produce delicious and nutritionally balanced meals.

In Year 8 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 dishes specifically in terms of their nutritional requirements. 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

- Girls will learn about and understand the scientific principles that underpin the preparation and cooking of dishes.
- The importance of the Government's healthy eating messages and the Eatwell Guide will be discussed and applied in both theory and practical lessons.
- Girls will analyse and evaluate different aspects of nutrition, food preparation and cooking.
- The advanced cooking methods and skills involved in making a variety of nutritionally beneficial meals are discussed and demonstrated.
 - During the final practical assessment girls use their knowledge, skills and understanding to produce dishes which meet the requirements of the Eatwell Guide.

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