



Food & Nutrition

“eat healthy, worry less, build faith work hard, stay strong”

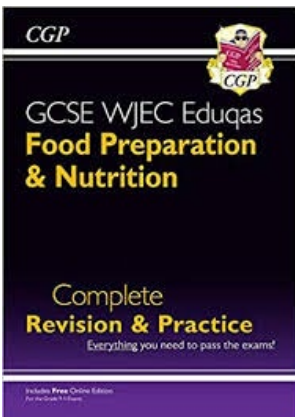


Our KS3 curriculum

	Our Food & Technology course is on a rotation of approximately seven weeks , alongside other modules which have the potential to become a GCSE option for you to choose in Year 10
Year 9	Healthy Eating! Healthy Living! We look at our own eating patterns and our own living styles. How can the food we eat build us in to a highly functioning human? Recipes can be adapted to suit individual needs and every week has a culinary challenge!

Our KS4 curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Fruit & vegetables	Dairy	Cereals	Meat, Fish, Poultry	Eggs	Sugars & Oils
Year 11	NEA Coursework Assessment 1: The Food Investigation Assessment (15% of your final grade)	NEA Coursework Assessment 2: The Food Preparation Assessment (35% of your final grade)	Prepare, cook and present a menu in practical exam conditions, followed by a celebration of food with family and friends	Finding the revision techniques which suit your learning best Practising of Exam Questions	Written Exam (50% of your final grade)	



Reading lists:

GCSE EDUQAS FOOD PREPARATION & NUTRITION

<https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse>

Enrichment activities:

Duke of Edinburgh: practical skill demonstrated by preparing, making and presenting creative food dishes

Bake-Off Challenges every half term

