



FOOD PREPARATION AND NUTRITION

AN INTRODUCTION TO THE SUBJECT

From 2020, Food Preparation and Nutrition will be offered at GCSE as part of the broad and balanced curriculum at Walthamstow Hall. It leads to an essential part of the careers and opportunities our students will be walking into as they depart the school. This new GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure you develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials.

KEY STAGE 3 STUDIES

The Food Room offers a large well equipped space at the top of The Lang Sixth Form Centre. Classes are restricted to a maximum of twelve enabling more focused attention from specialist teachers. All Year 7 students spend one and a half terms each rotating Three-Dimensional Design with Food & Nutrition. It is offered to Year 8 and Year 9 students as part of their options process.

Year 7

Year 7 teaching aims to introduce skills, methods of working and recipes that will enable Year 7 to make a complete meal from starters through main dishes to desserts. The recipes have been chosen to enable teaching of a range of techniques and use a range of equipment including the hobs and oven. The rotations are mainly practical lessons to really inspire and excite the students about preparing and cooking food, with theory lessons used to explain the rationale behind the practical (the purpose of eggs, yeast etc.), together with related issues of kitchen health, hygiene, safety and the importance of eating a balanced diet.

Year 8

Students study one double lesson of Food & Nutrition for the whole year. This enables them to solidly develop their knowledge and skills giving them a really good basis to head towards the 'Food Preparation & Nutrition' GCSE, if they so choose. Most schools offer Food as part of a Carousel throughout Year 8 with other Design subjects.

Year 8 teaching aims to build on skills, methods of working and recipes that were introduced in Year 7. The year is split into the three topics, also covered at GCSE Level, of Food Nutrition, Origins, and Choices. The recipes have been chosen to build complexity into the techniques already gained in Year 7, while using all equipment. Students still mainly complete practical lessons during this year with a greater focus on independent working and designing. Theory lessons are used to plan experiments, designed to gain a greater understanding of how Food functions as a material.



Year 9

Students will learn how to cook a range of dishes safely and hygienically and apply their knowledge of nutrition. In addition, they will consider consumer issues, food and its functions and new technologies/trends.

Students will have the opportunity to work through the contexts of domestic and local (home, health and culture), and industrial (food and manufacturing). They will extend their knowledge and understanding of food, diet and health. They will extend their food preparation and cooking techniques, and their knowledge of consumer food and drink choices.

Students will apply their knowledge to make informed choices and develop the creative, technical and practical expertise needed to perform everyday tasks confidently. They will build and apply a repertoire of knowledge, understanding and skills in order to design and make high quality products for a wide range of users, while evaluating and testing theirs and others' ideas and products in preparation for GCSE.

GCSE

Board and Specification: AQA GCSE Food Preparation and Nutrition.

At its heart, this qualification focuses on nurturing practical cookery skills to give students a strong understanding of nutrition, giving students a range of skills to enable them to take their studies further, or to confidently practice these more generally in life.

This GCSE will teach students to become effective problem solvers, time managers, skilled organisers, and allow them to communicate their ideas and present them in a creative way. All of these skills can be transferred to subjects they may wish to study in the future, while aiding to their understanding of the design process.

Walthamstow Hall will have their first cohort of Food Preparation and Nutrition GCSE examinations in 2022.

