



Thomas Mills
High School & Sixth Form

CURRICULUM OVERVIEW: Design and Technology – Food and Nutrition

“Real food doesn't ‘have’ ingredients. Real food IS ingredients.” – Jamie Oliver

At Thomas Mills High School and Sixth Form we teach the OCR GCSE Food Preparation and Nutrition course. The course is structured to develop pupils' knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The key aims of the course are to:

1. Develop knowledge and understanding – Equip pupils with the knowledge and understanding of food, nutrition and health. To explore the science behind food and cooking processes.
2. Build practical cookery skills – Enable pupils to cook and apply the principles of food science, nutrition, and healthy eating. To develop strong practical cookery skills and techniques.
3. Promote informed choices – Encourage pupils to make informed decisions about food and nutrition. To understand the economic, environmental, ethical, and socio-cultural influences on food choices.
4. Foster creativity and confidence – Inspire pupils to be inquisitive, creative and confident cooks. To explore food traditions and develop original recipes.
5. Prepare for future opportunities – Provide a foundation for further education and careers in food and nutrition. To develop life skills to feed themselves and others affordably and nutritiously.

The course is assessed as 50% written exam paper (1hr 30mins) where pupils are tested on their knowledge of Nutrition, food hygiene, preparation and cooking. The other 50% comprises of two pieces of NEA coursework, the first (15%) focuses on food science investigations and the second (35%) is the development of a 3 dish cook which will take place over a 3 hour assessment.

Our aim for Y10 is to continue to build the food preparation and cooking skills of the pupils and to develop their ability to plan a dish or menu, this will be achieved through several cooks throughout the year and will end with a 3 hour cook where they will prepare and produce 3 different dishes. We focus on traditional Italian cuisine, sugar, fibre and carbohydrates.



Year 10			
Term	Topic	Knowledge and Skills	Useful Links
1	<p>Practical cooks Flapjacks Apple and Blackberry Jam Naan Bread & Red Onion Chutney Panna Cotta & Biscotti Biscuits Cannelloni Yule Log</p> <p>Theory Sugar Fibre Carbohydrates Italian Cuisine Factors affecting food choice</p>	<p>Knowledge: We start Y10 by looking at the topic of sugars and how sugar can be used in cooking. We make several dishes that have different uses of sugar in them. We then study Italian cuisine and make some Italian style dishes. As we approach Christmas, students will learn how to make a Yule log.</p> <p>Skills: During this term pupils will start to develop their preparation and cooking skills through a range of different sugar based and Italian style cuisine cooks:</p> <p>Food preservation – Sugar as a preservative (Jam) Recipe planning – Pupils will develop their skills of time management with dovetailing of recipes (Naan Bread and Red Onion Chutney). Cooking skills – Pupils will make a Roux sauce and make pasta. Presentation – Pupils will work on final presentation of their dishes, reaching for restaurant quality finish to dishes.</p>	<p>Exam board and course information GCSE - Food Preparation and Nutrition (9-1) - J309</p> <p>Course Specification OCR GCSE (9-1) in Food Preparation and Nutrition (J309) Specification</p> <p>Study Rocket Free GCSE Food Preparation and Nutrition OCR Revision Content — Study Rocket</p>
Assessments		<p>There are four core assessments this term. One is an online assessment through the Seneca learning platform focusing on Sugar, Fibre and Carbohydrates. The second is the planning, preparation and cooking of the naan bread and red onion chutney. The third assessment is of the practical task, Yule log. The final assessment is a written end of term written assessment covering the learning of the term.</p> <p>Autumn 1: Seneca – Online assessment Sugar, Fibres and Carbohydrates Autumn 2: Project work – Naan Bread and Red Onion Chutney (time plan and cook) Autumn 3: Practical cook – Yule Log Autumn 4: Written assessment – End of term test – Food Preparation and Nutrition test 3</p>	



<p>2</p>	<p>Practical cooks Breakfast cook, using different methods of heat transfer. Microwave Cake. Choux Pastry. Identical Bread rolls. Decorated Focaccia.</p> <p>Theory Food sustainability Cooking methods Raising agents Special diets Exam technique Festival of Eid</p>	<p>Knowledge: During this term we focus on learning about different methods of heat transfer and look at alternative ways of cooking, e.g. microwave cake. We deepen our knowledge of special diets and look at exam technique. Pupils will also learn about the festival of Eid and plan an Eid inspired dish to cook.</p> <p>Skills: This term focusing on the following skills: Microwave cooking – Pupils will understand when and how to use a microwave in the preparation and cooking of dishes. Food presentation – To further skills of presentation, making identical items (6 bread rolls). We will also decorate focaccia. Research – Pupils will research the festival of Eid and then plan an Eid inspired dish to cook.</p>	<p>Exam board and course information GCSE - Food Preparation and Nutrition (9-1) - J309</p> <p>Course Specification OCR GCSE (9-1) in Food Preparation and Nutrition (J309) Specification</p> <p>Study Rocket Free GCSE Food Preparation and Nutrition OCR Revision Content — Study Rocket</p> <p>Eid recipes Eid recipes - BBC Food</p>
<p>Assessments</p>		<p>There are four core assessments this term. One is an online assessment through the Seneca learning platform focusing on special diets and raising agents. The second is practical outcomes of the 6 identical bread rolls and the decorated focaccia. The third assessment is of the planning of a Festival of Eid inspired dish. The final assessment is an end of term written assessment on the theory learnt this year.</p> <p>Spring 1: Seneca Knowledge assessment – Special diets and raising agents Spring 2: Practical cooks – 6 identical bread rolls, decorated Focaccia bread Spring 3: Planning – Festival of Eid inspired dish Spring 4: Written assessment – Food Preparation and Nutrition test 4</p>	
<p>3</p>	<p>Practical cooks</p>	<p>Knowledge:</p>	<p>Exam board and course information</p>



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	<p>Eid cook, students' choice. 3-hour 3 dish cook, students' choice. Sports day Muffins</p> <p>Theory NEA 2 structure Nutritional labels Vitamins and Minerals</p>	<p>This term we carry out a practice NEA 2 assessment where the pupils need to research and plan 3 dishes that will be cooked at the same time during a 3-hour session. This will give them the knowledge they need for their second NEA coursework element which is worth 35% of their GCSE grade and completed in Year 11.</p> <p>Skills: Research – Pupils will research and plan a 3 dish menu with nutritional information, ingredient quantities and costs. Time planning – Pupils will apply knowledge of dovetailing recipes to plan the cooking of 3 different dishes at the same time so they can all be served at the same time. Food presentation – Pupils will use their skills to present their dishes with a high-quality finish using garnishes etc.</p>	<p>GCSE - Food Preparation and Nutrition (9-1) - J309</p> <p>Course Specification OCR GCSE (9-1) in Food Preparation and Nutrition (J309) Specification</p> <p>Study Rocket Free GCSE Food Preparation and Nutrition OCR Revision Content — Study Rocket</p> <p>NEA2 student guide OCR GCSE (9-1) Food Preparation and Nutrition - Student Guide: NEA Food Preparation Task 2</p>
<p>Assessment</p>	<p>There are four core assessments this term. One is a formal assessment of the theory covered this year and will use exam style questions. The second assessment will be on the preparation of the fisherman's Pie. The third assessment is the outcome of the mini Black Forrest cakes. The fourth assessment will be via Seneca and will focus on Fish and Dairy.</p> <p>Summer 1: Y10 Assessment – Formal assessment on theory and skills covered this year Summer 2: Practical cook – Eid inspired dish Summer 3: Planning – NEA 2 practice paperwork – planning of 3 dishes Summer 4: Practical cook – NEA 2 practice cook – outcome of the 3 dishes</p>		