



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 Y11 is to continue to complete the two NEA coursework tasks and revise for the final exam, NEA 1 is carried out in the autumn term, NEA 2 in the spring term. We also focus on revision and preparation for the final written exam in the summer term.



Term	Topic	Knowledge and Skills	Useful Links
1	Practical cooks Vegetable Spring Rolls. NEA 1 experiments Presentation of food (garnishes) Katsu Curry. Nutella Pastry Xmas Tree. Theory Chinese cuisine	Knowledge: We start Y11 by looking at the Chinese cuisine, pupils will research and produce a booklet about Chinese cuisine followed by a cook. We then plan and carry out NEA 1 coursework (15% of GCSE). This is the food science investigations. Skills: During this term pupils will apply the skills they have learnt over the course to complete NEA 1 focusing on food science: Research Researching into Chinese cuisine. Pupils will also research into a food science topic set by the exam board for their NEA 1 assessment. Experiment planning – Pupils will plan a control experiment and three different investigations to their chosen food science topic. Cooking skills – Pupils will carry out practical food experiments. Food science – Pupils will work create a hypothesis, carry out experiments and draw conclusions.	Exam board and course information GCSE - Food Preparation and Nutrition (9-1) - J309 Course Specification OCR GCSE (9-1) in Food Preparation and Nutrition (J309) Specification NEA 1 student guide OCR GCSE (9-1) Student Guide - Food Preparation and Nutrition - NEA - Food Investigation Task 1
Assessments		There are four core assessments this term. Autumn 1: Chinese cuisine research task Autumn 2: Project work – Vegetable Spring rolls and Katsu Curry Autumn 3: Written assessment – Y11 October assessment Autumn 4: NEA 1 – Food Investigation Task	
2	Practical cooks NEA 2 – 3 dishes of students' choice. Theory	Knowledge: During this term we focus on applying the knowledge we have learnt throughout the course to plan, prepare and cook three dishes for NEA 2 (35% of GCSE). Skills: This term focusing on the following skills:	Exam board and course information GCSE - Food Preparation and Nutrition (9-1) - J309 Course Specification



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	Application of theory in the production of NEA 2 paperwork.	Food Planning – Pupils will research and plan a menu of three different dishes to be cooked within a three-hour period. They will create a time plan, costings and nutritional information for the dishes. Practical cooking – Pupils will complete a 3 hour cook where they present three different dishes at the same time Evaluate – Pupils will evaluate their dishes.	OCR GCSE (9-1) in Food Preparation and Nutrition (J309) Specification Study Rocket Free GCSE Food Preparation and Nutrition OCR Revision Content — Study Rocket NEA 2 – Student guide OCR GCSE (9-1) Food Preparation and Nutrition - Student Guide: NEA Food Preparation Task 2
Assessments		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. Spring 1: Y11 Trial exams – Exam board past paper in exam conditions. Spring 2: NEA 2 – Introduction and research. Spring 3: NEA 2 – Choice and selection of dishes and time plan. Spring 4: NEA 2 – Practical Test.	
3	Theory Whole course revision	Knowledge: This term will only include a few weeks teaching as pupils will be starting their GCSE exams. The primary focus for the lessons will be revision and exam technique. Skills:	Exam board and course information GCSE - Food Preparation and Nutrition (9-1) - J309 Course Specification



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		Revision– Pupils will be employing various different revision techniques to help prepare for their final exam. Exam technique– Pupils will understand how to answer different styles of questions in the final exam paper	OCR GCSE (9-1) in Food Preparation and Nutrition (J309) Specification Study Rocket Free GCSE Food Preparation and Nutrition OCR Revision Content — Study Rocket BBC Bitesize GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize
Assessment		In class assessments, online tests and revision will be carried out before the pupils sit their GCSE exam.	