



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 Y9 is to build on the skills that have been introduced from KS3 Food and Nutrition, this will be achieved through several cooks throughout the year. We focus on traditional British cuisine, Halloween and Christmas cooks, fats, eggs, fish and dairy.



Term	Topic	Knowledge and Skills	Useful Links
1	Practical cooks Beef Cobbler Sausage Plait Eccles cakes Bakewell Tart Halloween cook (students choice) Jam Roly Poly and custard Meat and potato pie Christmas cake Theory Traditional British cuisine. Food Hygiene Food providence Protected names Pastry types	Knowledge: During Year 9 we focus on the “Traditional British cuisine” as this will allow pupils to understand many different cooking techniques and how the ingredients work differently. We start by building on KS3 knowledge and developing learning about balanced diets and food safety and hygiene in the kitchen. We also study food providence and protected names. Skills: During this term pupils will start to develop their preparation and cooking skills through a range of different traditional British cuisine cooks: Food Hygiene – Key temperatures and the danger zone Pastry Types – Through a range of dishes we will make shortcrust, flaky, sweet shortcrust, suet and hot crust. Recipe planning – Pupils will design a Halloween style cook, create a recipe sheet and time plan. Decoration – In a Bake Off style pupils will create a Christmas cake and develop their decoration skills. Evaluate – To be able to reflect their cooks and draw out the positive points and be able to suggest some improvements or changes to the recipe.	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 Study Rocket Free GCSE Food Preparation and Nutrition OCR Revision Content — Study Rocket Cooking school – Pastry 10 Essential Pastry Techniques Every Baker Should Master - Cooking School Guide
Assessments		There are four core assessments this term. One is an online assessment through the Seneca learning platform looking at food providence, and protected names. The second is the planning, preparation and cooking of the Halloween dish. The third assessment is of the practical task, Christmas cake. The final assessment is a written assessment covering the learning of the term. Autumn 1: Seneca – Online assessment Autumn 2: Project work – Halloween plan and cook Autumn 3: Practical cook – Christmas cake	



		Autumn 4: Written assessment – End of term test – Food Preparation and Nutrition test 1	
2	Practical cooks Different Fats in pastry-experiment Scotch Eggs Pancake challenge Lemon Meringue Pie Coronation Chicken Theory Fats in our diets and cooking Eggs Obesity Different Diets Proteins	Knowledge: During this term we focus on Fats, different types, how they are used in cooking and the effect that they can have on diets and health. Pupils will focus on cooks that involve different types of fats. We will also look at eggs, how they can be used as a binding agent and as an emulsifier. Pupils will begin to learn about food science experiments and how to perform a fair test. Pupils will also learn about different diets. We finish the term looking at Proteins. Skills: This term we are focusing on the following skills: Working with different fats – Pupils will understand when to use certain types of fats in cooking. Food Science – To be able to write a hypothesis for a food experiment and to understand how to make it a fair test and what a control is. Research – To be able to find and present relevant information on a food science experiment into fats. Evaluate – To be able to reflect on your fats experiment and draw out some 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 Study Rocket Free GCSE Food Preparation and Nutrition OCR Revision Content — Study Rocket Food a Fact of life – Experiments Experiments and investigations - Food A Fact Of Life
Assessments		There are four core assessments this term. One is an online assessment through the Seneca Learning platform focusing on fats and eggs. The second is the write up for the fats experiment. The third assessment is of the practical tasks: scotch eggs and lemon meringue pie. The final assessment is an end of term written assessment on the theory learnt this year. Spring 1: Seneca Knowledge assessment – fats and eggs Spring 2: Food Science Investigation – fats experiment writeup (NEA1 practice) Spring 3: Practical cooks – scotch egg and lemon meringue pie	



		Spring 4: Written assessment – Food Preparation and Nutrition test 2	
3	Practical cooks Fisherman's Pie Cheese Dish for 2 (Students choice) Mini Black Forest Cakes Theory Fish Milk Butter Cheese Hydration	Knowledge: This term we complete the theory on "fish" we will learn how to fillet a fish and make a fisherman's pie. We will also study dairy products and look at how milk and cheese are used in cooking. Pupils will also learn how to plan a cheese based dish for two, they will research and produce a recipe and time plan for their dish before cooking it. Skills: Food preparation – How to fillet a fish. Poaching fish, piping mashed potato. Menu planning – Pupils will apply knowledge of cheese dishes to create the nutritional values for a cheese dish of their choice. Food presentation – Pupils will use new skills like piping to aid the presentation of their dishes.	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 Study Rocket Free GCSE Food Preparation and Nutrition OCR Revision Content — Study Rocket How to fillet a fish – Jamie Oliver How to fillet a fish Kitchen Buddies Jamie Oliver
Assessment		There are four core assessments this term. One is a formal assessment of the theory covered this year and will uses 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. Summer 1: Y9 Assessment – Formal assessment on theory and skills covered this year Summer 2: Food Preparation skills – Fish (Fisherman's Pie) Summer 3: Practical work – Mini Black Forest cakes Summer 4: Online Fish and Dairy knowledge assessment – Seneca test.	



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