Dawlish College Learning Journey

Food and Nutrition

GCSE KS4

Year 9 Projects

Demonstrate your knowledge of Nutrition and Food Preparation throughout four different projects.
Apply your knowledge of Nutrition and Food preparation through designing and adapting recipes.
Demonstrate skills and techniques in a range of different dishes - cakes and pastries.

YEAR 9

- Balanced Diets
  - Eat Well Guide
- Celebration Cakes
- Food and Nutrition
  - **Demonstrate Skills and Techniques :** Pasties, Puff Pastry, Quiche
- Pastry
  - **Demonstrate and Apply Knowledge:** Eggs used as a commodity in cooking, Shortening/pastry theory

Example of Practical dishes
Cupcakes
Victoria sandwich
Rock buns
Pastry pies and tarts

YEAR 10

- Introduction to WJEC Food preparation and Nutrition
- Revision: Use SENACA as a revision tool
- Complete Y10 mock exam
- NEA 1 - Mock Trial 1
  - **Non EXAM ASSESSMENT 1 MOCK: Food Investigation Task**
    Research
    Investigate
    Analyse and Evaluate
  - **Knowledge:** Embedding and enhancing knowledge based around scientific principles and nutrition
- NEA 2 – Mock Trial 2
  - **Non EXAM ASSESSMENT 2 MOCK: Food Preparation Task**
    Research
    Demonstrating Skills
    Planning Menu's
    Making and Applying
    Analysis and Evaluation

YEAR 11

- NEA Task 1
  - **Knowledge:** Embedding and enhancing knowledge based around scientific principles and nutrition
- NEA1 – Hand in
- Revise for and sit Y11 PPE exams.
- NEA Task 2
- NEA 2 – Practical exam
- NEA2 – Hand in
- Revision programme
- Revise for and sit summer GCSEs.
- Your future!

YEAR 8

- Bread
  - **Demonstrate Skills and Techniques :** Bread Rolls, Savoury pizza wheels, Pizza, Pizza and homemade tomato sauce
  - **Demonstrate and Apply Knowledge:** Biological raising agents, working with yeast and how ingredients work and why?
  - **Analyse and Evaluate:** Analysing results, Creating graphs and drawing conclusions
- Pizza
  - MasterChef: Be inspired! Watch Master Chef!
  - **Analyse and Evaluate:** Sensory characteristics, Egg functions, Commodity
- Practical assessment - scones
  - Experience formal assessment and learn how to revise
  - **Demonstrate and Apply Knowledge:** Primary processing
  - **Analyse and Evaluate:** Keywords: dextrinisation and Caramelisation

KS3

YEAR 7

- Welcome
- **Baseline Assessment:** what do you already know?
- **Introduction to the Food Room:** Health and safety
- **Your first Y7 food lesson:** Introduction to Food and Nutrition
- Key skills
  - **Demonstrate Skills and Techniques :** Poached egg on toast, roasted vegetables, cous cous
  - **Demonstrate and Apply Knowledge:** Using the hob and grill
  - **Analyse and Evaluate:** Reflect on what you have made applying next steps where possible
- Rubbing in
  - **Analyse and Evaluate:** Reflect on what you have made applying next steps where possible
  - **Demonstrate and Apply Knowledge:** Time plans, Food poisoning and bacteria
- Be inspired! Watch the Great British Bake Off!
- Develop good independent study habits
- Pinwheels
  - **Demonstrate Skills and Techniques :** Pinwheels