FOOD PREPARATION & NUTRITION



CURRICULUM INTENT

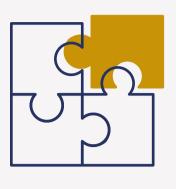
The Food Preparation and Nutrition course teaches students an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety. By the end of the course students have accumulated a range of skills that can equip them for life. Students work independently to plan, prepare and cook meals and understand the nutritional value of them. Students learn the importance of **endeavour** as they develop their own recipes and dishes. Working in a busy kitchen environment, students need to collaborate to ensure they use a range of equipment safely and effectively, creating high quality outcomes.

BENTON PARK SCHOOL VALUES

In Food Preparation & Nutrition:



Students develop being resilient by trying out new recipes and making modifications.



 Students work collaboratively by taking part in group assessments, planning presentations and producing meals that complement each other.

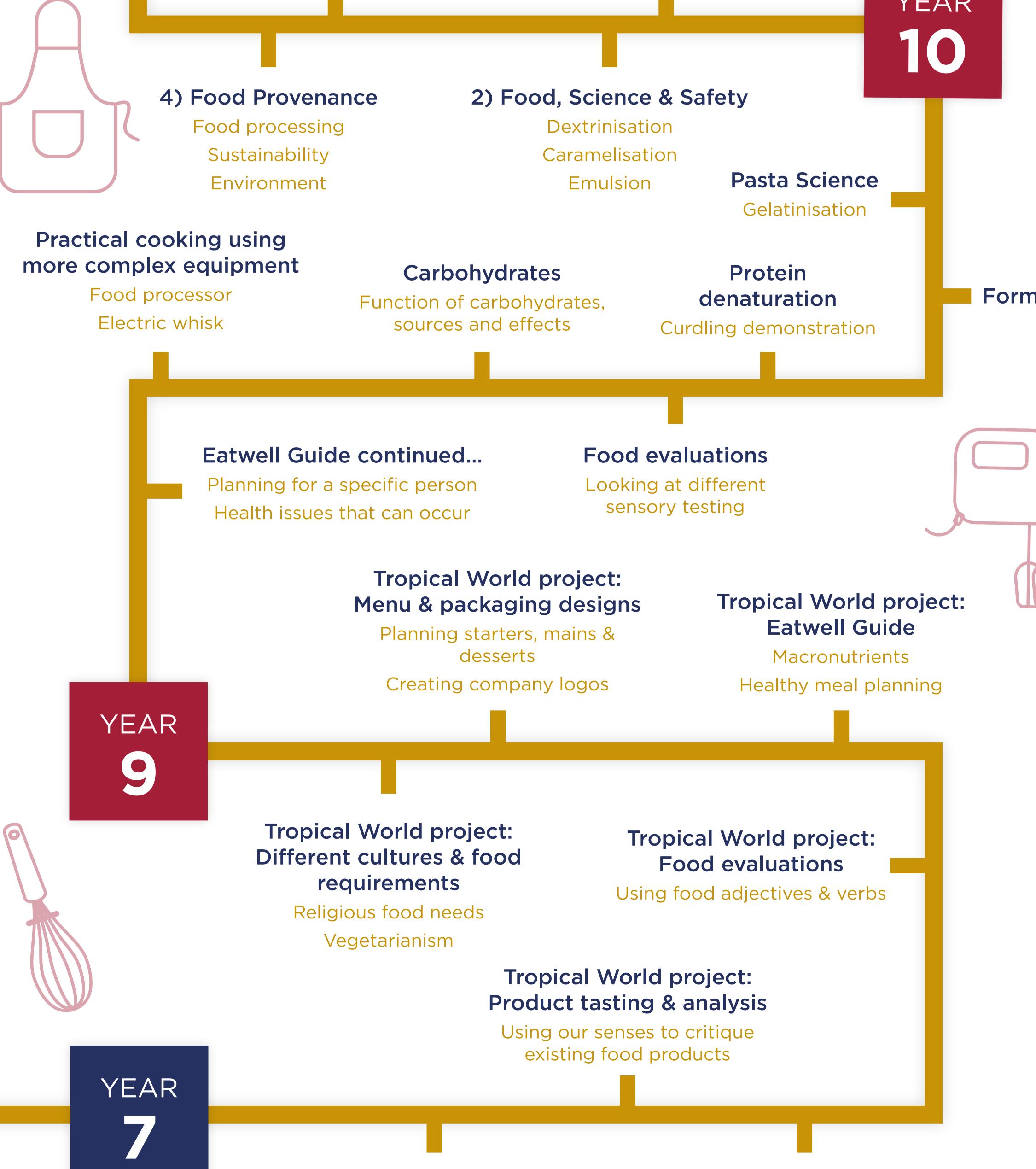


If they are unsuccessful they endeavour to try again and learn from their mistakes.



 A Food student is actively encouraged to **inspire** and be

inspired by the many great chefs that are so widely accessible now. Taking an interest in eating out or watching cooking programmes as an education tool is actively encouraged. NEA 2 Written exam NEA 1 (15%) (35%)(50%) YEAR Food science 3 hr timed cook Complex practicals 3) Food Choices 1) Food, Nutrition & Health **Options** Using pasta British & international **Evening** Fats Fibre machine cuisine Vitamins & Protein Allergens Food labels minerals YEAR 4) Food Provenance 2) Food, Science & Safety Food processing Dextrinisation Caramelisation Sustainability **Pasta Science** Emulsion Environment Gelatinisation Practical cooking using more complex equipment Carbohydrates Protein Food processor **Formations** denaturation Function of carbohydrates, Electric whisk sources and effects Curdling demonstration Food evaluations **Eatwell Guide continued...** Planning for a specific person Looking at different sensory testing Health issues that can occur **Tropical World project: Tropical World project:** Menu & packaging designs **Eatwell Guide** Planning starters, mains & desserts Macronutrients Creating company logos Healthy meal planning YEAR **Tropical World project: Tropical World project:**



Tropical World project:

Food Prep introduction

Personal health & hygiene

Tropical World project:

Practical cooking

Making dishes