



Hailey Hall School Food and Cookery Skills Curriculum Booklet KS4

Food and Cookery Skills Curriculum - Intent

The intent of our Food and Cookery Skills curriculum is to apply the principles of nutrition and healthy eating, instilling a love of cooking in all pupils. Learning how to cook is a crucial life skill for pupils now and in later life. Throughout their time at Hailey Hall, we aim to encourage independent learning through individual activities. The Food and Cookery Skills department ensures that our pupils have a wider understanding of environmental impacts on our choice of foods and why there should be more encouragement to buy in season. Our pupils learn about multicultural foods and experience how different cultural foods influence our everyday food choices.

The department has a strong focus and drive to develop independent learners, promote high standards of personal achievement through making and evaluating dishes. The department has a strong belief that all pupils should strive to become independent and self-motivated learners, enabling our pupils to develop personal responsibility and to consider the needs of others. This equips our pupils with the knowledge and community awareness to succeed in life.

The Food and Cookery Skills department follows the National Curriculum for Cooking and Nutrition programme of study. Pupils will have an understanding on how to apply the principles of a healthy and varied diet following the guidance from the Eat Well Guide. Pupils will acquire a broad range of subject knowledge and draw on disciplines such as Mathematics and Science. Pupils will be competent in a range of cooking techniques, Food and Cookery Skills are the practical science of chemistry, preservation and processing of food. It allows for creativity, innovation and problem solving allowing them to make informed choices about food, diet and value for money. It also allows for pupils to work in partnership with their peers in the practical lessons and peer feedback allows for students to develop their confidence within the kitchen environment.

The curriculum aims to develop individuals holistically and so, to give them the necessary skills, qualifications and experiences to access further education, employment or training. This goal is underpinned by the need to develop resilience, tolerance and all-round personal well-being. There is an emphasis on the process of learning, developing a growth mindset and practical hands-on experience.

Year 10 Food and Cookery Skills

Why this subject is important:

- It helps you to demonstrate your design and technology capability.
- It helps you to design and make original, creative products.
- It allows you to work with a range of materials.
- It helps you to explore and investigate different products.
- It helps you to carry out individual, original research.
- It helps you to acquire a range of practical skills.

INTENT: What you will learn:

Term	Topics	Skills and understanding	Curriculum Links
Autumn	<p>NCFE level 2 in food and cookery. Understanding different terminology and using skills that they will need to use during their controlled assessment. This includes making pasta, understanding about health and safety in more detail.</p> <p>Units covered in year 10-</p> <p>1. Preparing to Cook (D/506/5036) 2. Understanding Food (H/506/5037)</p>	<ul style="list-style-type: none"> • Using different electrical equipment that you can use to cook foods. • Understanding the functions of different ingredients. • Show knowledge and understanding of gluten and starch and how they are used in foods. 	<p>The NCFE Food and Cookery Level 2 is a two-year course. As such, pupils will continue year 11 from where they left off in year 10. It is expected that from 4 units, units 1 and 2 should be completed by the end of year 10 and units 3 and 4 by the end of year 11.</p> <p>Units covered in year 11.</p> <p>3. Exploring Balanced Diets (K/506/5038)</p> <p>4. Plan and Produce Dishes in response to a Brief (M/506/5039)</p>
Spring	<p>NCFE level 2 in food and cookery. Understanding different terminology and using skills that they will need to use during their controlled assessment. This includes understanding about food miles,</p>	<p>How to do a sensory analysis of different foods and show your findings on a graph.</p> <p>Understand different terms such as additive, Emulsion, Gelatinisation and Halal.</p>	<p>Units covered in year 11.</p> <p>3.Exploring Balanced Diets (K/506/5038)</p> <p>4.Plan and Produce Dishes in Response to a Brief (M/506/5039)</p>

	<p>how to do a star graph in detail and how to use appropriate terminology for skills and processes.</p> <p>Units covered in year 10-</p> <ol style="list-style-type: none"> 1. Preparing to Cook (D/506/5036) 2. Understanding Food (H/506/5037) 	<p>Cultures and how this can affect the type of food they eat.</p>	<p>Throughout all key stage 3 and 4, pupils will have developed the expertise and confidence to prepare self for cooking, be able to follow a recipe and deliver a completed dish in a safe and hygienic manner.</p>
<p>Term: Summer/ NCFE</p>	<p>NCFE level 2 in food and cookery Start on one of the 3 internally assessed projects This will include: Different types of research, its function, how to analyse the information and then how to use it. Also customer profiling.</p> <p>Units covered in year 10-</p> <ol style="list-style-type: none"> 1. Preparing to Cook (D/506/5036) 2. Understanding Food (H/506/5037) 	<p>Understanding how to carry out relevant research and analyse it to form a product Specification.</p> <p>Understanding how to locate and target specific audiences.</p>	<p>Units covered in year 11.</p> <p>Exploring Balanced Diets (K/506/5038)</p> <p>Plan and Produce Dishes in Response to a Brief (M/506/5039)</p> <p>The culmination of the course in year 11 involves preparing a 3-course meal unaided. Pupils must then draw on key skills gained throughout their school food tech career from year 7. By year 11 they should be fully proficient in creating starters, mains and desserts of high quality using a diverse range of skills and cooking methods.</p>

Promoting British Values:

Pupils develop their self-knowledge, self-esteem and self-confidence.
Pupils acquire a broad general knowledge of and respect for public institutions and services in Britain.
Pupils develop respect for themselves and learn to respect other people.
Pupils develop the skills to evaluate the values and arguments of people wanting their support or their vote.

How you will be assessed:

NCFE level 2 in food and cookery is 100% coursework. Once all 4 units are complete, they will be added together to give the pupil an overall result. The course is graded from pass, merit and distinction.

The final (NCFE level 2 in food and cookery) grade is calculated in the following way:

There are 4 mandatory units. To pass all pupils must complete all mandatory units. The final grade will be awarded by combining the grades for each unit. This will range from Not yet achieved, Pass, Merit, Distinction and Distinction*

How parents / carers can help:

Provide them with a quiet place to do homework and revision

Useful website and details of course books:

www.ncfe.org.uk

www.bbcbiteize.co.uk

Progression routes and career opportunities:

College.
Sixth form.

Who to contact and how if you have a query regarding your child:

Name	Position	Email Address	Telephone
Mrs Sam Wheatley	Teacher of Food Technology	swheatley@haileyhall.herts.sch.uk	01992 465208

Year 11 Food and Cookery Skills

Why this subject is important:

- It helps you to demonstrate your design and technology capability.
- It helps you to design and make original, creative products.
- It allows you to work with a range of materials.
- It helps you to explore and investigate different products.
- It helps you to carry out individual, original research.
- It helps you to acquire a range of practical skills.

What you will learn:

Unit name	Topics	Skills and understanding	Curriculum Links/Further Study
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<p>Term/unit: Unit 3</p>	<p>Unit 3 exploring balanced diets.</p> <p>To understand what is meant by a balanced diet to an individual person. How many nutrients does the body require to function correctly. Assess a food diary and to be able to change it to make it healthier. To be able to read and change a recipe to make it healthier.</p>	<p>To understand what a balanced diet is and the nutrients that make this up. To be able to explain that different groups of people need different nutrients. To be able to understand nutritional information on food labels and healthy eating advice. To assess a food diary and understand what is healthy and what is not. To be able to assess a recipe and change it to make it healthier to eat.</p>	<p>On completion of the NCFE level 2 course, pupils will the opportunity for:</p> <p>Progression into A Levels or Level 3 FE qualifications.</p> <p>Students may also have acquired the necessary skills to gain access to apprenticeship schemes in the hospitality/catering industry.</p> <p>Students may also have gained sufficient experience to access to professional chef training. E.g.</p> <p>Level 1 Diploma in Introduction to Professional Cookery offered by West Herts college.</p>
<p>Term/ Unit: Spring/Summer</p> <p>Unit 4</p>	<p>Unit 4 plan and produce dishes in response to a brief. Understanding how to carry out relevant research and analyse it to form a product specification. Understanding how to locate and target specific audiences</p>	<p>1.1 assess the requirements of a set brief. 1.2 select a menu of dishes for the brief. 1.3 develop a plan of action for making the dishes. 1.4 review and revise plan from feedback. 2.1 demonstrate how to prepare themselves and environment for cooking. 2.2 apply the plan to make the dishes on the menu. 2.3 demonstrate cooking skills to make the dishes on the menu.</p>	<p>On completion of the NCFE level 2 course, pupils will the opportunity for:</p> <p>Progression into A Levels or Level 3 FE qualifications.</p> <p>Students may also have acquired the necessary skills to gain access to apprenticeship schemes in the hospitality/catering industry.</p> <p>Students may also have gained sufficient experience to access to professional chef training. E.g.</p>

		<p>2.4 demonstrate safe and hygienic working practices throughout.</p> <p>3.1 assess the strengths and weaknesses of the menu.</p> <p>3.2 assess the strengths and weaknesses of the planning and preparation process.</p> <p>3.3 assess the strengths and weaknesses of the completed dishes.</p> <p>3.4 evaluate how the brief has been met.</p>	<p>Level 1 Diploma in Introduction to Professional Cookery offered by west Herts college.</p>
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www.ncfe.co.uk

www.bbcbitessize.co.uk

Lett's revision guide – Food Technology

www.aqa.org.uk – Examination board

www.videojug.com

www.technologypupil.com
www.designandtech.com
www.dtonline.org

Progression routes and career opportunities:

College.
Sixth form.

Who to contact and how if you have a query regarding your child:

Name	Position	Email Address	Telephone
Mrs Sam Wheatley	Teacher of Food technology	swheatley@haileyhall.herts.sch.uk	01992 465208