

Food and Nutrition



The teaching of food has a long-standing place within the school curriculum. Its aim is to enable pupils to cope confidently with the life skills they require to make sensible and informed choices about diet, health and nutrition combined with the ability to manage a budget in keeping with their lifestyles.

Practical cookery skills are key to the subject and emphasis is placed on developing a range of skills, processes and techniques.

Pupils are encouraged to enjoy experimenting with their own ideas, leading to colourful and inventive outcomes using a wide variety of ingredients.

The Department raises the awareness of the part food plays in our society today, highlighting the importance of nutrition and a healthy lifestyle and demonstrating the importance of food in building social skills, manners and conversation. It enhances the imagination and creativity of the pupil and builds self-esteem and pride when a well prepared, highly skilled product is produced.

Food and Nutrition at Rishworth

Food and Nutrition is taught from Year 7 up to Year 13. During Years 7, 8 and 9 the Department aims to teach basic practical skills and develop the understanding of nutrition. Basic food hygiene and safety are addressed along with current issues relating to the food industry and the production of a wide variety of food products.

The GCSE in Food Preparation and Nutrition will give pupils the opportunity to develop their knowledge and extend their cooking skills. It encourages pupils to become imaginative, innovative, independent and creative when working in a food practical environment.

There are two assessment components:

Component 1 - Principles of food preparation and nutrition - written examination. 1 hour and 45 minutes. 50% of the qualification - 100 marks.

Component 2 - Non examination assessment food preparation and nutrition in action. 50% of the qualification - 100 marks.

Within component 2 there will be two assessments:

Assessment 1 - The Food Investigation Assessment (15%) - Pupils will conduct an investigation from a choice of topics provided by the examination board. They will show their understanding of the working characteristics and functional and chemical properties of ingredients. The investigation will include written and photographic evidence and practical investigations.

Assessment 2 - The Food Preparation Assessment (35%) - Here pupils will plan, cook and present a selection of dishes to meet particular requirements such as dietary needs, lifestyle choice or specific context.

A new Level 3 qualification in Food Science and Nutrition will be introduced in September 2016. In year 12, pupils will work towards a certificate and will complete 1 unit with 2 components. Component 1 is a practical task where students research plan and make a “showcase” meal. Component 2 is a written examination of 90 minutes (plus 15 minutes reading time) which will test the pupils knowledge and understanding of the nutritional needs of specific target groups and how to apply this when designing menus.

In year 13 pupils will complete the Diploma where they will study food safety and hygiene and generate a research document. They will then select an optional unit focussing on either food experimentation or research into a current food science and nutrition issue.

Outside the Classroom

There are plenty of opportunities to fulfil potential and raise pupils’ confidence. The Department enters national cooking competitions, organises visits to food establishments and encourages professionals from outside bodies to come and demonstrate their skills to pupils.

