



# George Abbot School

## FOOD & NUTRITION

### CURRICULUM JOURNEY

What can I do with Food & Nutrition qualifications?

- Degree courses in food science, nutrition and dietetics.
- Careers in Hospitality:
  - Catering
  - Sports nutrition
  - Food production and manufacturing



preparing for the written exam

Are you able to research and make justified choices of suitable dishes to meet a brief? Can you plan in detail for a successful 3-hour practical task and evaluate your products fully?

NEA 2

NEA 1

YEAR 11

#### Year 10 Skills

- I demonstrate a wide variety of high level skills accurately
- I can plan and execute food science experimental work to ensure fair testing, predict possible outcomes and draw detailed evidence based conclusions.
- I apply my nutritional and food science knowledge to a wide range of dishes taking into account factors which influence food choices.

Revision of the course content and preparation for the exam including technique.

Can you plan and execute food science experimental work to ensure fair testing, predict possible outcomes and draw detailed evidence based conclusions?



Can you explain the issues and influences that affect different food choices made by people?

Can you research, plan and carry out high skilled practical work to meet a brief you're given?



Food spoilage and preservation

The Science of cooking food

Diet and good health

Principles of nutrition

Can you plan and conduct experimental work with food which shows clear analysis and discussion of the results?

#### KS3 Skills

- I can safely use the hob, oven and grill.
- I have knife skills.
- I can accurately weigh and measure.
- I can apply quality control.
- I can create a range of dishes with accuracy.

YEAR 10



Can you choose ingredients and explain your reasons? Can you write a detailed plan and follow it to make your dish?

What factors influence your food choices? Can you identify which nutrients are in different foods that you eat?

Produce a range of dishes

Evaluate products and suggest ways to improve

Plan in detail how to safely and hygienically make products

Healthily eating

Do you know the food groups? Can you understand the basic principles of healthy eating and nutrition?

Safety and hygiene

Introduction to Food and Nutrition

KS3



Can you work hygienically and use key kitchen equipment safely?



Your Food & Nutrition journey starts here ...