



THE ARNEWOOD SCHOOL

KEY STAGE 4: FOOD PREPARATION AND NUTRITION



Implementation

Students expand food knowledge learned from KS3, focussing on higher skills and in-depth research into food science and nutrition, evaluating their work and producing NEA pieces to help them in year 11 when completing the official exams.

AQA Food Preparation and Nutrition

Year 9

Term	Curriculum focus	Landmark Assessment
Autumn 1	Students begin working on overviewing basic topics begun in KS3, building and expanding knowledge.	Start of year quiz checking learning from KS3 and see what is remembered.
Autumn 2	Students are introduced to a variety of foods from around the world, introducing them to cultures different from their own. Students will learn time plans, required for the NEA2 in year 11. A foundation of learning set on specific ingredients and their properties based around foods they may look in to as part of NEA1 in year 11.	A planned and prepared meal from students regarding Cultural meals. NEA1 appropriate notes created from ingredient learning.
Spring 1	Students will investigate different food packaging, building foundation learning for dietary requirements and nutrition labels.	Students create their own food packaging following a design brief, completed packaging will then be assessed alongside a written evaluation.
Spring 2	Students begin focusing on high-skilled practicals required for NEA2, learning how to complete high skills efficiently and to a good standard.	Students will design a dish centered around a high skill, building confidence in practicals for NEA2
Summer 1	Students will complete two short projects, one on a kitchen hack and another on the history of food.	Students complete a filmed and evaluated Kitchen Hack in teams of two.





	<p>Kitchen Hacks: Students will build knowledge on preparation and time management as well as improving efficiency within practicals.</p> <p>History of Food: Students begin learning how the past has influenced the way we eat, looking towards the future and alternative recipes to modernize food.</p>	Students must alter a WW2 recipe into a modern-day meal.
Summer 2	Students will experience a small amount of an NEA2 through a street-food task designed to help them understand the content expected of them in year 11.	Students will submit a miniature NEA2 assignment including research, a time plan and an assessed final practical.

Cross-Curriculum: Students will be able to link this learning to that within, but not limited to the following subjects:

Geography (relating to where food comes from)

Religious Studies (looking at the cultural meals and religious diets)

History (with regards to rationing during the world wars)

Science (exploring chemical reactions within foods)

Year 10

Half term	Curriculum focus	Landmark assessment
Autumn 1	Year 10 Begins learning about the different food choices and their impact on diets, they will also be looking at what the body needs in order to function correctly. Practical lessons will focus on dietary requirements such as vegan and gluten free.	Students will have an assessed piece of homework, intended to solidify vitamin and mineral knowledge.
Autumn 2	Students will learn about balancing diets, continuing on from Autumn Term 1 learning, they will also be learning about adapting food to specific needs. They will re-cap bacteria knowledge from year 9 before sitting a written mock exam on vitamins, minerals and bacteria.	Students will be assessed through 3 high skill assessments, chopping, fish filleting and chicken filleting. Students will complete a written mock exam
Spring 1	Students will be looking in detail to cooking methods and the science behind foods, completing a project on food science, and beginning a mock NEA1	Students will have an assessed piece of homework intended to solidify food science knowledge.





Spring 2	Students will be completing the mock NEA1 based around food science, this will help students will a basic understanding of how an NEA1 is done, aiding them in year 11. Students will then be completing a project on designing meals for specific requirements and ages, using prior knowledge from Autumn 1.	Students must complete a mock NEA1 which will be assessed. Students must complete time plans that meet examination standards.
Summer 1	Students begin with a recap of the NEA1 to secure knowledge, they then refocus on high skill meals, readying them for an NEA2 mock that they begin near the end of this term.	Students complete practical assessment on Pastry.
Summer 2	Students complete an NEA2 mock including trial dishes and a three-hour practical exam.	Students must complete a mock NEA2 which will be assessed

Cross-Curriculum: Students will be able to link this learning to that within, but not limited to the following subjects:

Religious Studies (looking at dietary choices and religious diets)

Chemistry (exploring chemical reactions within foods through NEA1)

Biology (Understanding uses of nutrients within the human body)

Maths (calculating nutritional and costings for specific dishes used in NEA2)

Year 11

Half term	Curriculum focus	Landmark assessment
Autumn 1	Students will start their year 11 recapping the topics they have learned through year 9 and 10. This term is focussed on a broad range of topics to fill in any gaps from either of the prior years. At the end of this term, students will receive their NEA 2 topic. In this term students will be focusing on high skills in terms of practical to ensure they are ready for NEA2	Students will complete a Mock Exam and receive regular topic booster quizzes. Students will be assessed on high skills in preparation of NEA2
Autumn 2	During this term, students will be focussed on completing their NEA 2 coursework, building up to a 3-hour exam.	Students complete NEA 2 coursework and complete practical exam.
Spring 1	Students will be recapping the theory knowledge gained through year 9 and year 10, solidifying and identifying any gaps they may	Students will be given regular assessment through end of





	have to ensure their theory knowledge is well-rounded and exam ready.	topic quizzes and evaluations.
Spring 2	NEA 1 Introduction and Completion Students will be introduced to their NEA 1 topic based around food science, they will complete the research and practical elements of NEA 1 during this term.	Students complete NEA 1 coursework and complete research file.
Summer 1	Students will be focusing on revision ready for their end of year exams. Practical lessons will be used to solidify theory knowledge and key terms	Students will complete end of topic assessments to solidify knowledge
Summer 2	Summer Term Exams	Students will complete end of year exams

Cross-Curriculum:

Chemistry (exploring chemical reactions within foods through NEA1)

Biology (Understanding uses of nutrients within the human body)

Maths (calculating nutritional and costings for specific dishes used in NEA2)

