

# Curriculum Overview

Subject: Food Science & Nutrition

Year Group: 12

Year 12: Students are given the opportunity to build upon and develop skills and subject specific content in the areas:

*Unit 1: Food Safety | Nutrition | Nutritional needs of Humans | Analysing Diets | Menu Planning |*

TERM 1	TERM 2	TERM 3
<p><b>KNOWLEDGE/SKILLS</b></p> <p><u>Section 2 – Nutrition</u> Nutrient functions are the fundamentals of understanding of this course – it feeds into all other sections and units of work. Nutrient structure is a proportion of this unit. Application of nutritional understanding is examined across year 12 across theoretical work and both assessments, one internal, one external.</p> <p><u>Section 3 – Nutritional Needs of Humans</u> This section capitalises on the impact of poor nutrition – it studies the impact on the human body when poor diet habits are embedded into a human lifestyle on a regular basis. Developing an understanding of diet-related disease and characteristics that contribute to unsatisfactory nutritional intake will be addressed in section C (40 marks / 90) of the external assessment.</p> <p><u>Section 4 – Diets</u> The evaluation of fitness for purpose diets is driven to incorporate into year 12 internal assessment understand section C of the external exam of year 12.</p> <p><u>Section 6: Preparation and Cooking Techniques</u> Complex skills are focused on to enhance and develop students' skill set. Portioning chicken, filleting fish, homemade pastries, homemade batters, sauces, tenderising, bread making, sugar work are examples of covered all with a focus on presentation.</p> <p>Organoleptic testing and skills tests are commonly issued throughout this term.</p>	<p><b>KNOWLEDGE/SKILLS</b></p> <p><u>Section 3 – Nutritional Needs of Humans</u> Specific groups are highlighted with greater depth where recall of nutritional understating and characteristics of unsatisfactory nutritional intake are retrieved by students to produce exam style answers. This section is delivered with more exam focus and intent.</p> <p><u>Section 1 – Food Safety</u> Analysing risks associated with food safety which highlights the common micro-organisms that come into contact with food and the impact this can have on not just health but implications for business also. Additional factors considered are allergies and intolerances. Responsibility in the work place is focused on in chapter 3 which is analysing the companies, legislations and food laws that are embedded into the industry for safety.</p> <p><u>Section 5 – Menu Planning</u> This term a practical exam is held in preparation of the unit 1 internal assessment. Menu planning for a specific group highlights areas including advanced skills.</p>	<p><b>KNOWLEDGE/SKILLS</b></p> <p>This term covers recap, recall and retrieval of all sections in preparation of both assessments that will be completed within this term.</p> <p><u>Revision for exam:</u> Section 1: Food Safety Section 2: Nutrition Section 3: Nutritional Needs of Humans Section 4: Diets Section 5: Menu Planning Section 6: Preparation and Cooking Techniques</p>

KEY ASSESSMENTS	KEY ASSESSMENTS	KEY ASSESSMENTS
<p>Year 12</p> <ul style="list-style-type: none"> <li>Supervised Section C of Exam</li> <li>Supervised Unit 1 Internal PPE: Meeting the Nutritional Needs of Specific Groups</li> <li>Supervised Unit 1 External PPE</li> </ul>	<p>Year 12</p> <ul style="list-style-type: none"> <li>Supervised Section C of Exam</li> <li>Supervised Practical Exam</li> <li>Supervised Unit 1 Internal PPE: Meeting the Nutritional Needs of Specific Groups</li> <li>Supervised Unit 1 External PPE</li> <li></li> </ul>	<p>Year 12:</p> <ul style="list-style-type: none"> <li>Unit 1: Internal Assessment: Meeting the Nutritional Needs of Specific Groups</li> <li>Unit 1: Practical Exam: Meeting the Nutritional Needs of Specific Groups</li> <li>Unit 1: External Assessment</li> </ul>
<p>Extended reading suggestions and external resources:</p> <p><a href="https://www.abebooks.co.uk/servlet/BookDetailsPL?bi=32130085120&amp;dest=gbr">https://www.abebooks.co.uk/servlet/BookDetailsPL?bi=32130085120&amp;dest=gbr</a> Food Science, Nutrition and Health</p> <p><a href="https://www.amazon.co.uk/Love-Land-II-celebrate-community/dp/1910863920">https://www.amazon.co.uk/Love-Land-II-celebrate-community/dp/1910863920</a> Love of the Land</p> <p><a href="https://www.books2door.com/products/9780241229781?srsltid=AfmBOooJDxSIHD27kNcZZWiZmwrXjvMC0_z27-HVeUjEoXWMVPjodNwx">https://www.books2door.com/products/9780241229781?srsltid=AfmBOooJDxSIHD27kNcZZWiZmwrXjvMC0_z27-HVeUjEoXWMVPjodNwx</a> Science of Cooking</p>		

# Curriculum Overview

Subject: Food Science & Nutrition

Year Group: 13

Year 13: 1 internal assessment and 1 external assessment are held in this year:

*Unit 2: Ensuring Food is Safe to Eat (external)*

*Unit 3: Experimenting to solve food production problems. (internal)*

<b>TERM 1</b>	<b>TERM 2</b>	<b>TERM 3</b>
<b>KNOWLEDGE/SKILLS</b>  <u>Unit 3: Chapter 5: The Scientific Properties of Food</u> Develop an understanding of scientific properties that affect ingredients in the production of food. <ul style="list-style-type: none"> <li>- Denaturation   Coagulation   Gluten   Foams</li> <li>- Gelatinisation   Dextrinisation   Caramelisation   Milliard Reaction</li> <li>- Plasticity   Aeration   Shortening   Emulsification</li> </ul> <u>Unit 3 Chapter 6: Solving Food Production Problems</u> <u>Unit 3: Chapter 7: Scientific Investigation into Changes in Food</u> Given scenarios are provided to students where production problems have occurred on certain products and then conduct investigative work to find the route of the problem and how it can be fixed. Students complete a guided and structured walk through of this assessment.	<b>KNOWLEDGE/SKILLS</b>  <u>Unit 3: Chapter 7: Scientific Investigation into Changes in Food</u> A learning assignment brief is provided with food production problems which need highlighting and addressing. This is a task that is completed independently with assessment criteria points given so students are able to access the quality of work they need producing.  They recall on the prior terms subject knowledge of all functional and chemical properties of food and apply this in their electronic reports.  <u>Unit 2: Ensuring Food is safe to eat.</u>  Chapter 1: How micro-organisms affect food safety Chapter 2: How food can cause ill health. Chapter 3: How food safety is managed in different situations	<b>KNOWLEDGE/SKILLS</b>  Preparation for internal and external assessments.
<b>KEY ASSESSMENTS</b>  Supervised Unit 3 Assessment	<b>KEY ASSESSMENTS</b>  Unit 3 Assessment PPE	<b>KEY ASSESSMENTS</b>  Unit 2 Internal Assessment Unit 3 Internal Assessment

Extended reading suggestions and external resources:

<https://www.abebooks.co.uk/servlet/BookDetailsPL?bi=32130085120&dest=gbr> Food Science, Nutrition and Health

<https://www.amazon.co.uk/Love-Land-II-celebrate-community/dp/1910863920> Love of the Land

[https://www.books2door.com/products/9780241229781?srsltid=AfmBOooJDxSIHD27kNcZZWiZmwxjvMC0\\_z27-HVeUjEoXWMVPjodNwx](https://www.books2door.com/products/9780241229781?srsltid=AfmBOooJDxSIHD27kNcZZWiZmwxjvMC0_z27-HVeUjEoXWMVPjodNwx) Science of Cooking