

Food Preparation and Nutrition

Food Preparation and Nutrition at Oasis John Williams students will be taught how to cook and apply the principles of nutrition and healthy eating to a range of dishes.

Character

Food Preparation and Nutrition engages all students about healthy eating and promoting healthy habits for now but also in later life. Installing a love of cooking will open the door to one of the great expressions of human creativity. Students will be developed holistically, encouraged to select and experiment with different ingredients and cooking methods to better understand the organoleptic qualities of the dishes being created.

Competence

There is a balance between the knowledge of nutrition, food science, food choice and health with the practical and investigation outcomes. Learning how to cook a range of savoury and sweet meals is a crucial life skill that enables students to feed themselves and others affordably. Food Preparation and Nutrition will ensure students can create a range of dishes from a broad range of ingredients considering source and seasonality.

Community

The aim to improve the health and wellbeing of students and others through expanding their knowledge and understand will contribute to their futures. Students will understand that good nutrition and health will overall lead to a healthier and prosperous life. Through Food Preparation and Nutrition students will understand the social and physical barriers within their community and start to enhance their holistic focus linking to the Oasis 9 habits.

		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Unit	Health and Safety The Principles of Nutrition	The Principles of Nutrition	The Principles of Nutrition	Where food comes from	Where food comes from	End of Year written and practical assessment
	Practical	Will usually happen every two/three week					
	Prep Work	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Revision for written assessment

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Year 8	Unit	Health and Safety The Principles of Nutrition The Science of Food	The Principles of Nutrition The Science of Food	The Principles of Nutrition	Diet and Good Health Factors affecting food choice	Factors affecting food choice	End of Year written and practical assessment
	Practical	Will usually happen every two/three week					
	Prep Work	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams
Year 9	Unit	The Principles of Nutrition	The Principles of Nutrition	Diet and Good Health	Diet and Good Health Factors affecting food choice	Where food comes from	End of Year written and practical assessment
	Practical	Will usually happen every two/three week					
	Prep Work	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams
Year 10		The Principles of Nutrition Diet and Good Health	The Science of Food	Where Food Comes from	Where food comes from	Commodities Mock NEA	End of Year written and practical assessment
	Practical / Food Science Investigation	Will usually happen every week					
Year 11		The Principles of Nutrition The Science of Food	Revision for Mock Exam	NEA2 – Food Preparation Assessment (35%)	Revision for Written exam	Revision for written exam	

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		NEA1 – Food Investigation Assessment (15%)	NEA2 – Food Preparation Assessment (35%)				
	Practical / Food Science Investigation	Food Science investigation as part of NEA1	Practise Practical tasks for NEA2	NEA2 three hour practical exam	Food Science investigations to act as revision for written exam	Food Science investigations to act as revision for written exam	

The above is the plan for each year group across the year and is subject to change but gives an overview of what students will study each term.