

Vision

Students will leave Nobel knowing how to make a range of skilled dishes, savoury and sweet, independently. They will know which foods they should be eating and why. This will enable them to make educated lifestyle choices focussing on diet, cost, ethical issues and preservation of the planet. Students will develop their creativity skills considering practical and food science knowledge. The subject will promote mental wellbeing by all students striving to produce high quality products.

	Foci	Assessment	Knowledge Organiser
Year 10	<p>General practical skills Preparing fruit and vegetables Use of the cooker and equipment Cooking methods Food, nutrition and health Food science Food safety British and international cuisines Sensory evaluation</p> <p>Practical skills include: pastry making – shortcrust, rough puff, choux and filo; pasta making; bread making; cake making – creamed, all-in-one and whisked; sauce making such as: roux, all in one, blended, infused velouté or béchamel; reduced sauces; use of gelatine; emulsions e.g., mayonnaise. Year 10 focusses on practical making tasks to develop hand eye coordination, a working knowledge of ingredients and equipment in the kitchen. All practical lessons are underpinned by theory lessons focussing on nutrition, food science, food safety, food choice and provenance.</p>	<p>Written Exam: A 1 hour 45 minute written examination paper tests you on your theoretical knowledge of food preparation and nutrition (50% of the overall grade).</p> <p>Section A - Multiple choice questions assessing theoretical knowledge of food preparation and nutrition.</p> <p>Section B – Several short answer questions and extended responses to assess a more in-depth theoretical knowledge of food preparation and nutrition.</p> <p>Practice scaled down NEA tasks - 50% of the overall grade.</p>	<p>Year 10 Food KO for each section/sub section</p>



Non examination assessments – using knowledge and practical skills gained in Year 10 and extending this information in Year 11.

Food choice and food provenance.

Revising from the following areas: nutrition, food science, food safety, food choice and provenance.

Written Exam: A 1 hour 45 minute written examination paper, tests you on your theoretical knowledge of food preparation and nutrition (50% of the overall grade).

Section A - Multiple choice questions assessing theoretical knowledge of food preparation and nutrition.

Section B – Several short answer questions and extended responses to assess a more in-depth theoretical knowledge of food preparation and nutrition.

NEA Task 1: Food investigation

Students' understanding of the working characteristics, functional and chemical properties of ingredients. Practical investigations are a compulsory element of this NEA task.

Task 1: Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation. (15% of the overall grade).

NEA Task 2: Food preparation assessment

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

Task 2: Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included. (35% of the overall grade).

Year 10 and Year 11 KOs.

Revision guides