

## **FOOD PREPARATION AND NUTRITION**

Food and nutrition is a popular and highly enjoyable subject at LJFS. The study of food and nutrition fosters a wide range of desirable qualities. We strive to stimulate a lasting interest in nutrition, healthy eating and developing practical cooking skills. Students need to cooperate with one another and have a responsible attitude for health and safety. They should develop lively, enquiring minds, practicing recipes suitable for themselves and others.

### Year 7

In year 7, pupils have the opportunity to complete a term and half in food preparation and nutrition, as part of their design and technology lessons. They will have the opportunity to develop their passion for food by cooking on a fortnightly basis. The aim of this year is to introduce students to a wide range of fresh ingredients, cooking skills and techniques. They will focus on safety and hygiene when preparing a variety of dishes as detailed below

- Fruit salad
- Pizza toast
- Muffins
- Apple crumble

### Year 8

In year 8, pupils have the opportunity to complete another term and a half in food preparation and nutrition. If they have already completed a term of food in year 7 they will build on their skills progressing by making more challenging dishes that explore the function of ingredients and their role in a healthy diet. They will learn how to plan and make dishes that meet dietary needs at different life stages. This involves cooking great food that tastes amazing, saves money and, in the long run, will help students lead a happier, healthier life. Examples of dishes include:

- Ratatouille
- Pizza

- Apple and Raspberry traybake
- Stir fry

## Year 9

In year 9, if pupils have completed food preparation and nutrition in both year 7 and year 8 they will have the opportunity to develop both their practical and theoretical skills and knowledge that will prepare them for the requirements of the GCSE.

They will be progressing to higher level making skills and the science of cooking. They will need to understand the function of ingredients in order to produce a high quality product.

## Year 10

**In year 10 or 11 students have an opportunity to study WJEC/EDUQAS Food Preparation and Nutrition. All areas follow the WJEC/EDUQAS syllabus which can be accessed at <http://www.eduqas.co.uk/>**

The WJEC GCSE in Food and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook and enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.

Students enjoy the freedom to design their own product in an area that interests them.

There are clear pathways using Food Preparation and Nutrition GCSE , whether it be the A level or one of the many specialised courses in further education colleges. It has many links with other subjects including chemistry, biology, business studies and child development.

## **RESISTANT MATERIALS**

The study of Resistant Materials enables students to mix technological knowledge and practical skills with creativity to design products for human needs. They should develop lively, enquiring minds, the ability to question and argue rationally and to apply themselves to tasks and physical skills, both on their own and in groups. Students will learn about current technologies whilst also thinking about the impact that future developments will have on our lives. Resistant Materials allows all learners to work in an exciting environment on a range of design and make projects including:

- Sporting activity trophies
- Helping hand
- Mechanical toys