

Year 9 Options



Food Technology 2021/22
Mr McCrone

What is this subject about?

Food Preparation and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply principles of food science, nutrition and healthy eating. It encourages learners to cook and make informed decisions about food and nutrition.



Why should I choose this subject?

Working in the hospitality industry as a chef

Development chef for major supermarkets or food manufacturers

Food scientist/microbiologist

Dietician, nutritionist

Environmental health officer

Confectioner, baker, butcher

Food technologist

Food teacher



Year 9

Learn and understand the importance of food safety and the importance of eating for good health.

We cover the following food commodities through theory and practical activities:

Fruit and vegetables

Pastry

Bread

Cakes and Biscuits

Meat & Fish



Year 10

More theory based coupled with building on your practical skills to a higher level.

Areas of content include

Principles of nutrition

Diet and good health

Food science

Where food comes

Food Choice

You will be assessed on all topics covered as well as practical activities completed.

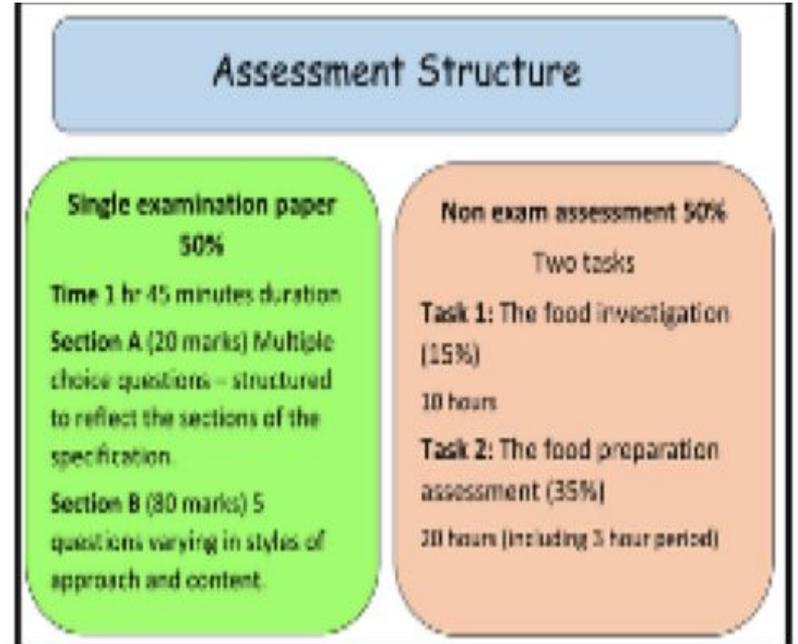
When and how am I assessed?

The final GCSE grade will be made up of the following

1- 15% - Food Investigation - October Year 11

2 - 35% - Food Preparation - January Year 11

3 - 50% Written exam - Summer



NEA1 is a Science Investigation where pupils will investigate the working characteristics, function and chemical properties of ingredients through practical experimentation and is worth 15% of the final grade.

Brief set by the exam board

Set hypothesis

Research

Plan

Carry out

Conclude

APPLE SCIENCE!

Use acids and bases from your kitchen for an apple experiment!

Results:

Own-brand sauce	Wheat flour	Potato starch	Brown rice flour	Arrowroot	Cornflour	Cassava flour
						
Comments on appearance and texture						
Shiny, glossy, bright, lumpy (due to tomato and onion), flecks of green	Grainy, dull, few flecks of flour visible, pale	Dull, flat, cloudy, lacks lustre	Wet, grainy, looks like tomato purée	Shiny, glossy, mirror-like, smooth	Thick, dull, opaque, dark, flat	Dull, thick, flat, lacks shine
Did the sauce have lumps?						
Yes (but from onion and tomatoes, not due to the starch)	yes	no	no	no	no	no
How far did each sauce spread on the viscosity mat?						
5	5	3.5	4.5	4	3	4

The photos taken are clear. The results are easy to read. This student has used a viscosity mat to show how much each sauce has spread.



NEA 2 is the Food Preparation Assessment and is worth 35% of the final grade. Pupils will need to research the brief, trial dishes then prepare, cook and present a menu of three dishes within a three hour timescale.

Brief set by the exam board

Research carried out and dishes trialled

Planning

3 dishes prepared, cooked and served in controlled conditions in 3 hours

French inspired dishes



Poulet à la sauce tomate with green beans and Vichy carrots



Fruit tartlets (a sweet pastry shell, filled with crème pâtissière, topped with freshly prepared fruits and glazed with apricot)



Floating Islands (strawberry compote, topped with custard and poached meringue)

Italian inspired dishes



Arancini (rice balls in a crispy coating, deep fried) filled with mozzarella cheese and rosemary served with homemade mayonnaise



Stuffed chicken breast served with gnocchi (Italian potato dumplings) and a tomato sauce



Panna cotta, with raspberry coulis and shortbread biscuit

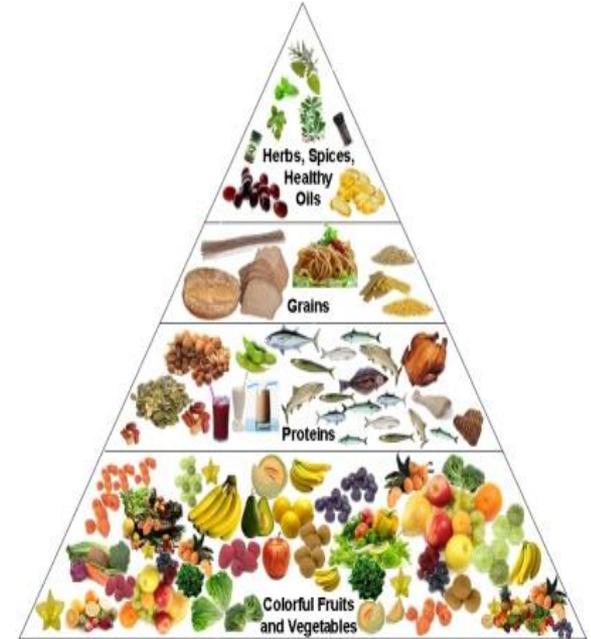
Mainstream choice:

Eduqas WJEC GCSE Food preparation and Nutrition 9-1

This consists of two components :

Component 1 - Principles of Food Preparation and Nutrition. (50%)

Component 2 - Food Preparation and Nutrition in Action. (50%)



What the components consist of-

Component 1: Principles of Food Preparation and Nutrition Written examination: 1 hour 45 minutes 50% of qualification .

This component will consist of two sections both containing compulsory questions and will assess the six areas of content as listed in the specified GCSE content.

Section A: questions based on stimulus material.

Section B: structured, short and extended response questions to assess content related to food preparation and nutrition



What the components consist of-

***Component 2: Food Preparation and Nutrition in Action Non-examination assessment:
internally assessed, externally moderated***

Assessment 1: 8 hours Assessment 2: 12 hours 50% of qualification

Assessment 1: The Food Investigation Assessment A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.

Assessment 2: The Food Preparation Assessment Prepare, cook and present a menu which assesses the learner's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food.

Level 2 Award Hospitality & Catering

What will I learn?

The importance of personal/food safety & hygiene

Principles of nutrition, diet and good health

Where food comes from (provenance) & how to prepare the following commodities (ingredients) meat, fish, eggs, dairy, fruit, vegetables, cereal grains & potatoes

Types of establishments & job

Roles within the hospitality

Hospitality sector

Customer Care



What will I be assessed on?

Unit 1: The Hospitality And Catering Industry

Written Paper 1 hour 30 minutes 90 marks 40%

Unit 2: Hospitality And Catering In Action

Controlled Assignment Task 60%

Task is set by the exam board & will ask you to find a suitable solution by

demonstrating their knowledge and understanding of a range of preparation and cooking techniques, diet and nutrition, menu planning and presentation of dishes

e.g. Food allergies are becoming more common. A local café has decided that it needs to include dishes on its menu for those customers with a specific food allergy. Plan & produce a 3 course meal that is suitable for a customer who is lactose intolerant that is also nutritionally balanced.

What are present learners say! Haddy Badjie Year 10



Hello everyone. I am a student from year 10 who has been doing hospitality and catering for 2 years now and i think you should pick hospitality because it is interesting as there are many different aspects to it. At first, there is a bit of theory work but it's worth it because after you finish the coursework you get to do a lot of cooking/baking. The meals you get to cook have lots of exotic new flavours yet you still get to make different foods that taste great. Also, the food you get to cook is healthy yet tasty. When doing your coursework, you will be studying things such as the jobs available in the hospitality sector, the dangers of the food and lots more. Finally, i hope this has made your decision of choosing your options a little bit easier.

A few of the dishes from our current year 10 | 11



Why choose food?



- 1. Fantastic results over the last 6 years*
- 2. It helps with getting onto a college course in Hospitality and Catering*
- 3. We all need to eat , so gives a valuable skill for life*
- 4. It's fun when you can see a final product*
- 5. Food competition to enter (local and Nationally)*
- 6. Taught by an Experienced Chef (Mr McCrone)*
- 7. Fantastic job opportunities*

Mr McCrone working at the 2012 London Olympics

