



KS4 Curriculum Mapping – Food & Nutrition

OCR Cambridge National - Health & Social Care

Intro: This course is designed to be a realistic and appropriate course for real life and develops students for the future. Related and linked a wide range of jobs and career paths in Health and Education Sectors, this is undeniably pertinent to the future role of every student in life.

The course provides students with an introduction to topics, issues and legislations, as well as practical application opportunities;for Health, Education and Early Years Settings.

As this course is assessed by a wide variety of means, it provides access to equal opportunities for our diverse range of students.

Component 1	RO22 Communication in Health and Social Care Settings: Verbal and nonverbal communication. Barriers and factors affecting communication. Personal Qualities for Health and Social Care. Planning for Role Plays to evidence Communication skills. One to one and group role plays.
Component 2	RO25 Understanding life stages. Life stages and factors affecting development. The aging process. Medical conditions and birth defects. Support plan for an individual with a medical condition.
Component 3	RO21 Essential Values of Care. Patients Rights Care values Legislation affecting the Health Service and Social Care. Personal Hygiene. Safety and Security in Health and Social Care Settings.
Component 4	RO27 Creative Activities. Creative Activities in Health and Social Care. Benefits of Creative Activities. Plan and design a Creative Activity. Demonstration of a Creative Activity.



AQA GCSE Food & Nutrition

Intro: This GCSE is one which prepares the student a variety of further courses, career, or life generally. There are three aspects to this course: food and nutrition, food science and practical application. The GCSE is assessed by an externally marked exam (50%) and two pieces of NEA (non-examined assessment/coursework) 50%. The Food Investigation involves experimental application of food and science, an approach often used in the food industry and The Food Preparation Task, basically cooking!

Students often comment that this is the GCSE which best prepares them for the future; time management and healthy eating. This course is accessible to all students.

Yr 10 - Term 1	Food, Health and Nutrition, plus applied practical skills:pastry making,sauce making, cake making, vegetable and fruit preparation etc. Proteins, fats (saturated and unsaturated), carbohydrates (sugars, starches NSP), water, vitamins (water and fat soluble), minerals. Healthy Eating guidelines.
Yr 10 - Term 2	Nutritional Needs For Groups. Food Science: Heat transference, cooking methods (water based, fat based). Changing properties: proteins, fats, carbohydrates. Related practicals ie mayonnaise, filleting and cooking fish. Raising Agents.
Yr 10 - Term 3	Food safety: food spoilage, storage, preparation and temperatures of food. Food poisoning. Microorganisms. Influences on food choices. Introduction to NEA, trial of three hour practical exam.
Yr 11 - Term 1	NEA released. Food Investigation Task is carried out. Timed allowed is 10 hours. Planning and preparation can take place in addition to the formal hours. Food Preparation Task i carried out, which includes the trial dishes and a 3 hour practical assessment. This is carried out in a controlled 20 hours.
Yr 11 - Term 2	Continuation of the Food Preparation Task. Complete curriculum: Food Provenance: GM foods, grown and caught food, food miles, carbon footprint, primary and secondary processing.
Yr 11 - Term 3	Exam preparation: command words, past papers.