



Parent and Student

Hand- Book for

AQA Food Preparation and

Nutrition GCSE

2022/2023

Name:

Parent Signature:



Student Signature:

Parents **please read, then sign** and **students read & keep** this safe in your 'Food' Ring-binder folders. This is for both your own and parents' reference, providing course information & the Food Studies policies and procedures we have here at Saint Martin's.

AQA Food Preparation and Nutrition GCSE

WHY STUDY THIS SUBJECT?

Subject Overview

This new GCSE will equip students with the knowledge, understanding, skills and encouragement they need to cook. It will give them the ability to apply the principles of food science, nutrition and healthy eating. Students will also develop vital life skills so that they can feed themselves and others affordably and nutritiously.

This course is exciting and creative, focusing on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. Students will also gain a strong understanding of nutrition. Upon completion of this course, students will be qualified to go on to further study in many different fields, or embark on an apprenticeship or a full-time career in catering or food industries.

Entry Requirements

This subject suits students who:

- Want to learn about nutrition and a healthy balanced diet
- Love to cook and make new products and enjoy eating and trying food they have made
- Are creative and practical and enjoy learning about what they are doing/making
- Are organised and able to plan their own time or want to learn how to do this
 - Want to work as part of a team
 - Prefers course work to exams

Skills

Throughout the course, a range of food preparation and cooking skills will be developed. Examples include: ◦Correct use of equipment ◦Knife skills ◦Use of appliances ◦Methods of cooking ◦Pastry, cake, sauce and yeast mixtures

Units Covered

7 Units are explored and investigated throughout this course:

Green= Practical

Purple = Theory

1. Food preparation skills ◦ A group of 12 skills will be taught throughout the specification using practical activities to support pupils learning

2. Food, Nutrition and Health ◦ Exploring the function and the role of nutrients and the relationship between diet and health

3. Food science ◦ Explore the scientific side of ingredients and cooking, spending time understanding the functional and chemical properties of food

4. Food safety ◦ Exploring the need for good hygiene practices to prevent food poisoning

5. Food choice ◦ Consumers choose foods and diets for a variety of different reasons. Some of these will be investigated and applied to the practical aspect of this course

6. Food provenance ◦ Environmental impact and sustainability of foods will be explored

7. Food preparation and cooking techniques ◦ This will be assessed through the non-exam assessment (NEA) element of the specification

This course is assessed through two elements:

1. The written theory exam

• **1 hour 45 mins exam** –will assess the theory aspect of this course

100 marks and worth **50%** of your GCSE grade

2. Two 'Non-Examined Assessments' (NEA)

• **Task 1:** Food Investigation 30 marks - 15%

• **Task 2:** Food Preparation Assessment 70 Marks - 35%

◦ **(To include a 3 hour practical assessment of the final products)**

Subject Resources

Course Specification:

<http://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>

- Plus, purchase of recommended AQA text books and supporting revision books (reading lists at request)

Theory Lesson Guidance for Parents and Students

Your studies during the course will consist of a mixture of both theory and practical lessons. In the theory lessons will cover the 5 topics listed above, which underpin the practical element and preparation for the two NEA coursework's in Year 11.



Photographs of Your made Products

We have a strict no –phone policy in school, however we do permit occasional use of a camera or phone from time to time to capture photos of practice assessment products. There will be also be occasions where we will photograph your master pieces!

Prep.

Bringing ingredients on a weekly basis will not constitute as 'Prep' as this is a **course requirement**.

Prep will consist mainly of revision from subject-specific **Knowledge Organisers** ready for in- class low stakes testing, practicing dishes/products at home and other tasks such as researching a specific topic or you tubing a practical technique.

You will also be issued with reading material from time to time and **Cultural Literacy** sheets based around our wider **knowledge curriculum** on a range of different topics to encourage reading around the subject.

Occasionally you will also be issued with larger homework projects over the holiday periods which will mainly consist of making 2 or 3 course meals based on a specific brief or tailored for a specific client (in line with the NEA2 coursework).

Prep will be given to students verbally in lessons mostly and often posted on **Saint Martin's Satchel One** (which students will need to actively go and check at least twice a week) and we will discuss and go through these in lessons.

Reminder texts will be sent occasionally to parents via the office, but you should not rely on these and students and parents must check Satchel One on a **regular basis and their planner** to help stay organised.

Expected Costs

This is a practical course requiring ingredients to be purchased and brought into school on a weekly as well as for both practice and final NEA2 assessments from years 9 through to year 11.

The number of practical's is greatly reduced in Year 11, due to the NEA coursework being completed.

There will be occasions where you will need to buy specific ingredients for the NEA1 food science investigation work and will therefore be not making any meals/products as such but will need ingredients to do a variety of food tests on.



Food Lesson Guidelines/Information for Students & Parents/Carers

- *All food items must be dropped off as soon as you arrive in school (before am registration) and refrigerated in one of the correct fridges. No food is to be carried around in bags/ or lockers until your lesson later in the day.
- *Your tubs/dishes etc. should be labelled up, with your name and class group.
- *Please also label up items such as meat, dairy, pastry and any other high risk foods with a sticker (we have plenty) and your initials before placing in the fridges.
- *Dry food and non-perishables can go on the shelves at the back of the room.
- *The shelves are labelled up with your year group – please put your ingredients on the correct year shelf, to avoid confusion.
- *Please make sure you know what bag is yours (and what is in your bag) ideally initial the inside of your bag (as we have lots of the same Morrison's bag for life and orange Sainsbury's bags!) 😊

*All school bags and blazers need to be stored safely in the computer room at the side to avoid trips and getting them dirty.

*Work in your assigned unit/area only; do not wander around the room unless you need specific equipment from the trolley.

*Please adhere to regular hand washing advice.

*Report any accidents or spillages to the teacher immediately.

* Mess left in the kitchen or forgotten ingredients will now carry –ve worth (-2 each) behaviour points on sims, so please ensure you remember your ingredients and tidy away successfully.

*If a First Aider is ever needed, please go straight to the office and they will call one for you.

* Please ensure you have appropriate tins/oven proof dishes etc. when required as we only have a finite supply at school.

*Food is not to be stored in your lockers after your lesson or until the next day, it must cool and then we will store it back in the fridges for you until collection on the same day.

*Please remember to collect your food at the end of the day before leaving school on buses/being picked up etc.

*Any food which is not collected 1 day after being made will need to be thrown away and the tubs/dishes returned to students (if labelled up with their name and group).

Have fun and stay safe 😊

VERITAS

HOW TO SUPPORT LEARNING AT HOME IN GCSE FOOD:

Dear Parent/ Carer,

Congratulations! Your child has opted for the amazing 'Food Preparation and Nutrition' GCSE as one of their option choices!

This is a fantastic course which combines a range of food science, in-depth nutrition, food provenance and the practical application of cooking and food preparation skills.

This course does require that students have to complete Prep, practice making products at home and have to attend Intervention sessions, particularly in Year 11, in order to pass.

As it is a coursework subject, it does require some work over and above non-coursework subjects which are now assessed only via a final exam.

The good news is this gives your son/daughter a maximum of a 50% advantage of their final GCSE for this subject before they even enter the exam.

They can potentially pass by completing coursework to a really high standard, before they've even taken the theory exam!

This is great news for many of our learners and, providing the follow the guidance and work hard, is a sure way to success in this subject.

Here are some practical ways to help support your child's learning in this subject, so they achieve their full potential.

Coursework Counts!

The pressure for coursework completion is on from September the 1st in Year 11. Unfortunately, coursework cannot be started earlier in Year 9 or 10 as the briefs are only released to schools by the exam board in Year 11.

Students are required to complete two pieces of coursework (NEA1) and (NEA2) - more detail about the content of these can be found in the **Course Handbook or on the AQA Website.**

Please support and encourage your child to research around the coursework tasks/briefs at home. Students are able to get ahead with their background research and can start using notebooks to plan down some ideas for food investigations or experiments (NEA1) or around the set brief for NEA2.

Top Tips for Success and Ways to Support:

It is never too early to start taking some of these points on board and even starting to make revision posters or cue cards is advised as early as Year 9, to stay on top of your workload and avoid exam stress/overload in Year 11.

- * Practice at home - students should practice a range of different dishes, both sweet and savoury and starters, mains and desserts at home.
- * Recipe Folder - Collect a range of recipes that they are confident with making and store them in a folder
- * Be realistic - not everything students make will turn out right first time. Learning can take time and multiple attempts. For some students it may be the first time they have ever tried a new skill or recipe. Practice makes perfect and some dishes that are made need to be modified or developed several times in order to meet the brief particularly in NEA2, so they may need to cook some dishes multiple times for this purpose.
- * Organisation - encourage your child to stay organised and make good/regular use of their planner. Important notices, deadlines and lots of resources are on SathelOne, it is advised that this is checked and made use of regularly to support independent student

organisation and ensure students are giving you plenty of advance notice to provide ingredients for them.

*Time Management - this will be a big issue particularly in Year 11, when there are many different deadlines, mocks, interventions and revision sessions going on for all subjects. Year 11 students need to ensure they are dedicating the right and fair amount of time to a coursework subject like this, or they will lose vital marks if work is incomplete or of a low standard. Option subjects only have 2 hours contact time a week, so additional work at home is a must.

*You can never have too many folders! - Encourage your child to hole punch and file all course documents including the course hand book, knowledge organisers, key word booklets and any other handouts in a second folder and keep this safe.

* Timing is everything - students must be able to prepare a 3 course meal and accompaniments in a 3-hour slot for their final practical assessment in year 11. This will require practice and careful planning via production of a time plan.

* Practice the presentation skills - take tips from top chefs on really high class presentation of each dish. Create a folder of pictures from magazines or the internet of well-presented foods and use these for inspiration.

* Attendance at Intervention is vital - attendance has a proven correlation with success. Encourage and facilitate your child to be able to attend at every opportunity. The mini bus will help with getting students home if you are unable to collect.

* Come to extra sessions and revision classes - Extra sessions are put on to support student's coursework completion or to help them with revision. These are for your child's benefit and they are recommended to attend all sessions or it is possible they will not

achieve their target grade. Letters will be sent home via your child, so check you are receiving these, particularly in Year 11.

*Buy the resources - it is highly recommended you purchase the AQA course text book and revision guides for your child to support in-class learning. It is a good idea that they complete the self-check or practice questions within these on an on-going basis.

* Revision it's never too early to start - buy some cue cards and start making brief notes or mini spider diagrams with key facts. Test your child at home to assess their current knowledge and help guide a revision plan.

*Keep a positive attitude - Year 11 is a challenging year where students are required to work hard and they are expected to work to a high standard. Reminding them to stay positive and to continue to keep working and striving to meet deadlines on time is vitally important. There are many demands on them as well as Ucas/college applications to be made, as well as studying, so support to stick to deadlines and revision plans in all subjects is needed as well as a strong resilience and determination to complete a long piece of coursework.

Thank you kindly for your on-going support. This really makes a massive difference/impact on your child's success. Parental support is so helpful and will point your child on the path to GCSE success for achieving 50% of their overall grade before they step foot into the exam in May/June.

If there are any further questions, please feel free to contact and I can give you any help you may require. Alternatively, you may prefer to see the course specification on the AQA website and the 2 course text books which you can easily purchase from amazon in your own time for more specific course details.

Food Studies: Working Contract



Iwill check my planner/ Satchel One twice -weekly to ensure I know what/where my ingredients/Prep/ Reading material/ Knowledge Organisers are.

If I miss a lesson, I will go and find out what I need for the next lesson (or to catch up on) by asking Miss.

I will drop my food off and store it in the fridge or on the right shelf at the back of the room.

I will work in the designated area which has been assigned to me.

I will work as part of a team and help others in my unit.

I will be responsible for my own and my teams washing, drying and tidying up.

I will ensure equipment is clean, dry and I have shown the teacher/helper before putting away.

I will behave sensibly in and around the food room.

I will behave hygienically in and around the food room.

I will let the Teacher/ any adults know immediately if I see any dangers or hazards.

I will store raw meat covered on the bottom shelf of the fridge only.

I will take responsibility to ensure I collect my food at the end of the day after form time.

I will use all equipment safely and put it away when asked to.

I will develop lots of different practical skills and practice many different products.

I will work maturely to produce some brilliant quality products to be proud of.

I will try and maintain high standards of presentation and quality, both in my practical products and in my written work.

I will take regular photos to evidence my good work.

I will work to meet any interim and final set deadlines.

I will attend afterschool sessions as and when required to help me with my coursework.

Signed: (Student)

Signed: Parent/carer.....

Date:.....

VERITAS



Food Studies - Student Tracking System or 'Policy for no Ingredients'

- ✚ Boot camp at start of Year – PowerPoint information and guidance rolled out to all year groups?

- ✚ Signing of the Food Studies Behaviour Contract in Food Hand Book (Parents and Students, this booklet)

- ✚ Copies provided to students and parents for reference.

- ✚ Recorded on Arbor every time under 'Organisation' drop down.

Value of -2 points.

- ✚ Monitored on a regular basis.

- ✚ 2nd Instance of 'no ingredients' referred to HOD for DT.

- ✚ On-going instances referred to SLT for after-school detentions/ further intervention.

- ✚ Detentions will be issued for repeat incidents both on a department and whole school level.

- ✚ Letters sent home on more than 3 occasions of no ingredients without valid reasons.

- ✚ Meetings with Parents if no improvements after formal letter sent home.

Additional Information

Allergies

We cannot guarantee that food made in the school food room is 100% allergy free. We try our best to prevent contamination of food items but if you or a member of your family has a specific allergy it may be best to avoid eating a product made in school. We have a high turnover of students and adults in the room and despite our best efforts we could not guarantee any product would not cause a reaction if you suffer from a specific allergy.

It is your choice whether you choose to consume food made at school if you or a family member have any allergies and we could not be liable for any reactions due to consumption once food has been made.

Thanks for your understanding in this matter.



Reheating Advice

You must always re-heat your food at home in the microwave or oven until it is piping hot. We check our products during a lesson but you must make sure they are re-heated to above 75C or piping hot before being served.



Please see the Food Standards Agency website for more information:

<https://www.food.gov.uk/>