



Park Vale  
Academy

## Food Studies at Park Vale Academy

### Food Studies at Key Stage 3

During their time at Key Stage 3 within Food Studies students will acquire a broad range of subject knowledge and draw on disciplines such as nutritional information, science within food and practical cooking skills. Pupils learn how to become resourceful and independent.

During years 7 and 8 students will:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savory dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients

### Food Preparation and Nutrition at Key stage 4

The new GCSE focuses on practical cooking skills to ensure that students develop greater understanding of nutrition, food provenance and the working characteristics of food materials. At the heart of the qualification is a focus on developing practical cookery skills and a robust understanding of nutrition. The qualification brings together the most important elements of other food related courses under the umbrella of a brand new GCSE.

### What the course contains

The new Food Preparation and Nutrition GCSE will help you to develop a greater understanding of nutrition, food provenance and the working characteristics of food materials. You'll also learn about food from around the world, through the study of British and international culinary traditions as well as developing an understanding of where food comes from (food provenance) and the challenges surrounding food security. You'll master culinary skills and appreciate the science behind food and cooking.

### Assessment

There will be one exam for this qualification, which will assess your knowledge of the theory behind food preparation and nutrition. The exam will be 1 hour 45 minutes long (40%).

The second part of the assessment will be non-examination assessment and will consist of two tasks, involving practical work (60%)

**Task 1:** Students will carry out an investigation into the scientific principles that underpin the preparation and cooking of food.

This task will provide you with an opportunity to demonstrate your knowledge and practically apply your understanding of the science behind cooking. You'll practically investigate ingredients and explain how they work and why.

**Task 2:** Students will plan, prepare, cook and present a 3 course menu.

This task will provide you with an opportunity to showcase your creativity and cooking skills. You might make a street food menu, create delicious tapas dishes or cook up a menu for a student on a budget.

## WJEC Level 1 / 2 Hospitality and Catering at Key stage 4

This qualification is intended for learners who wish to learn about food preparation in a commercial environment.

Learners will be expected to make a range of food products and develop skills related to commercial food preparation including food hygiene, food presentation and considering production in quantity.

They will be expected to apply technical and practical expertise to ensure that food meets customer needs and preferences and is appropriate for a given occasion. They will have the opportunity to use a wide range of practical skills and techniques, gaining an understanding of catering and an awareness of related career paths.

The qualification provides learners with a broad appreciation of work in the hospitality and catering sector and wider opportunities for progression into further education, employment or training.

This approach also enables learners to learn in such a way that they develop:

- Skills required for independent learning and development.
- A range of generic and transferable skills
- The ability to solve problems
- The skills of project based research, development and presentation
- The fundamental ability to work alongside other professionals, in a professional environment.

### **Course content**

Unit 1: The Hospitality and Catering Industry (Exam)

Unit 2: Hospitality and Catering in Action (Assessed practical and written assignment)

This structure has been designed to develop in learners the knowledge and understanding related to a range of hospitality and catering providers; how they operate and what they have to take into account to be successful. There is the opportunity to learn about issues related to nutrition and food safety and how they affect successful hospitality and catering operations. In this qualification, learners will also have the opportunity to develop some food preparation and cooking skills as well as transferable skills of problem solving, organisation and time management, planning and communication.

### **Assessment:**

Unit 1 is made up of an externally assessed paper based task and an on screen test.

Unit 2 is an internally assessed unit practical and written assignment.