



Buile Hill
Academy

Enriching Lives, Inspiring Ambitions

Curriculum Guide For Parents: Food & Nutrition



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Our Vision and Approach in Food & Nutrition

We believe Food & Nutrition should be driven by a challenging and exciting learning environment, where pupils develop a curiosity to develop their knowledge, practical skills and a passion for Food & Nutrition. We are committed to giving our students the very best, preparing them for success and empowering them to achieve their full potential, through an inclusive program of practical and theoretical studies.

In Food & Nutrition, students can see literacy, numeracy and science come to life through a real-world, practical application of their wider school curricula. We study what a healthy diet looks like, wider societal issues, food science, and more. Through experiential learning, students gain a contextual understanding of the subject, and gain a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

What our students will learn

The curriculum is sequenced to cover a series of topics across the academic year in order to give students a full experience of Food & Nutrition. Students can then choose GCSE Food Preparation & Nutrition as an option at KS4, where they will further develop their skills and knowledge within this hands-on and exciting subject. The breakdown of topics covered across the year groups is detailed in the grid below. Please note this is subject to change as we adapt our curriculum to meet the needs of our students – this includes practical sessions.



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		General topics include:			Practical sessions include:		
Key Stage 3	Year 7	Hygiene, Health & Safety in a kitchen Utensils & equipment The Eatwell Guide			Practical sessions in year 7 follow the theme of hygiene and safety: Including knife skills, using the oven, hob and accurately weighing and measuring. Design and make a sandwich, Garlic bread, pitta pizzas, fruit crumble , cupcakes etc.		
	Year 8	Macronutrients & Micronutrients Energy and Energy balance Food Packaging & Labelling			Practical sessions in year 8 follow the theme of The nutrients and eating for good health. Stir fry, Bolognese, Cheats carbonara, Carrot cake muffins, Cheesecake etc		
	Year 9	Cultures and cuisines Staple foods Special dietary requirements Food Commodities Food miles/ seasonality Careers and job roles			Practical sessions in year 9 follow the theme of culture and cuisine. Students will make an array of dishes from around the world such as: Chicken fajitas, Pizza, Chicken tikka masala, American pan-cakes etc		
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 4	Year 10	Food Hygiene and Safety Diet and Good Health Nutrition and Deficiencies		Where food comes from Food and the Environment Food Commodities		Science of Cooking Methods of Cooking Non-Exam Assessment (NEA) Practice	
	Year 11	NEA Skills Start NEA 1 (Food Science assessment)	NEA Skills Start NEA 2 (Food Preparation assessment)	NEA 2	Exam skills & revision	Exam skills & revision	Written exam (1hr 45min)



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How you can support your child's learning in Food & Nutrition:

- Encourage your child to be creative and curious in your kitchen at home, helping out with family meals and testing them on their knowledge of theory and practical techniques – “Where does this food come from?” “Why does it do that when you cook it?” etc.
- Ensure your child has a suitable container/plate to bring to school on their practical days. We will organise the rest!
- Students will have a knowledge organiser for each of their schemes of learning. Students can use these to test themselves on the core content throughout the term.
- Question your child on what they have learnt.
- In addition to the use of knowledge organisers, students can carry out extra research into food related topics such as cultures and cuisines, beliefs and morals, food science etc.
- Seneca is a great resource that pupils can log into to continue learning. Find link below.

Websites you can visit:

- <https://www.bbc.co.uk/bitesize/subjects/zdn9jhy>
- <https://www.bbc.co.uk/bitesize/topics/zrdtsbk/resources/1>
- <https://www.foodafactoflife.org.uk>
- <https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/>
- <https://app.senecalearning.com/sign-up> (GCSE Food Preparation & Nutrition)

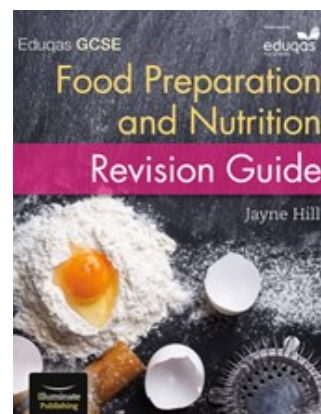
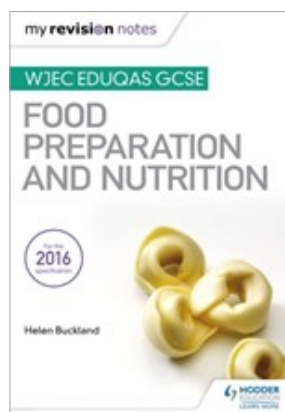
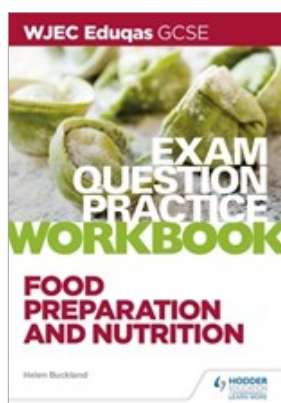
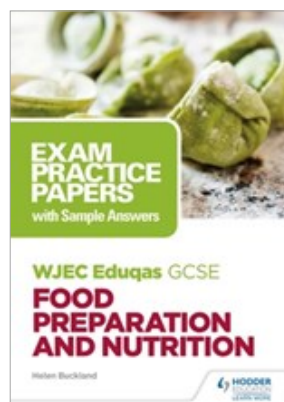
Collins Exam Practice Papers with Sample Answers: <https://www.hoddereducation.co.uk/subjects/food-preparation-and-nutrition/products/general/wjec-eduqas-gcse-food-preparation-and-nutrition-e>

Collins Exam Question Practice Workbook: <https://www.hoddereducation.co.uk/subjects/food-preparation-and-nutrition/products/general/wjec-eduqas-gcse-food-preparation-and-nutrition-ex>

Collins My Revision Notes: <https://www.hoddereducation.co.uk/subjects/food-preparation-and-nutrition/products/general/my-revision-notes-wjec-eduqas-gcse-food-preparatio>

Illuminate Revision Guide: <https://www.illuminatepublishing.com/product/eduqas-gcse-food-preparation-and-nutrition-revision-guide>

Books you can purchase:



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Class textbook you can access anywhere (purchased by school):

<https://illuminate.digital/eduqasfood/>

Username: SBUILE4

Password: STUDENT4