

Shoeburyness High School

Year 9 Subject Information

Food



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This is not just food

This is skills for life

- Practical life skills
- Problem solving skills
- Budgeting
- Planning
- Evaluating
- Principles of nutrition and healthy eating



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Food Options at KS4

Dependant on student numbers in food we have two options.

Hospitality & Catering exam board is WJEC

There are **2 units** to this course:

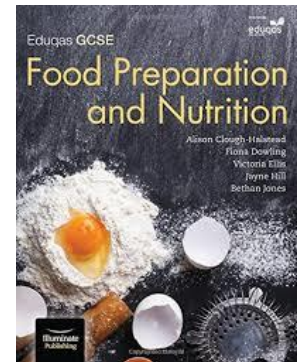
- Unit 1 **The Hospitality & Catering Industry** — **40%**
- Unit 2 **Hospitality & Catering in Action** — **60%**



GCSE Food Preparation & Nutrition exam board is Eduqas

There are **2 components** to this course:

- **Component 1** - 1 hr 45 min written exam in year 11 – **50%**
- **Component 2** - A food **investigation** assessment – **15%**
A food **preparation** assessment – **35%**



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Hospitality & Catering Level 1/2

Unit 1 - **The Hospitality & Catering Industry (External Assessment)**

This unit introduces the safe and hygienic preparation of the cooking environment and ingredients. Students will gain a broad insight into the Hospitality & Catering industry, and the range of providers and jobs within it. Topics include front of house operations, how a kitchen works, food safety and factors affecting business success. At the end of year 10 students will sit a written exam. Students will **cook** every third lesson.

Unit 2 - **Hospitality & Catering in Action (Internal Assessment)**

This unit covers nutrition, food choices and menu planning. Students are set a task for which they carry out **written** research and produce possible dish solutions. The **practical** assessment involves cooking and serving two dishes with accompaniments. Students will **cook** every third lesson.

Examples of **dishes** that students make:

- Chicken burger
- Homemade Meatballs & Pasta
- Chicken or Veggie Biryani & Naan
- Chicken fajitas & homemade tortilla wrap
- Cheesecake & raspberry coulis

Possible trips for this course

Toulouse (Fine dining restaurant)
Ocean Beach (Bistro)
Jimmy's Farm



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GCSE Food Preparation & Nutrition

This is a course that has been designed to give students strong cooking skills and an understanding of food in all its different contexts.

In year 10 the areas of study have been planned so that practical sessions account for over **50%** of the lessons.

Component 1 - Principles of Food Preparation and Nutrition

- Food commodities
- Principles of nutrition
- Diet and good health
- The science of food
- Where food comes from
- Cooking and food preparation

Component 2 – Food Preparation & Nutrition in Action

NEA 1: Food Investigation assessment. This involves a scientific food investigation relating to principles underlying the preparation and cooking of food for example: looking at the effect of different raising agents on a sponge

NEA 2: Food preparation practical assessment. You will be set a task to research and based on the findings need to plan, prepare, cook and present dishes to demonstrate a range of skills and techniques.



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Career progression

Hospitality & Catering Career Progression

This subject can lead to courses focusing on practical skills such as the Professional Cookery Level 2 Diploma at South Essex College or an apprenticeship in bakery or butchery. It is also a route to higher education e.g., Level 3 courses such as Hospitality and Catering, Food Science and Nutrition, Hospitality and Tourism and Hotel Management.

Food Preparation & Nutrition Career Progression

This course can lead to a wide range of careers. For example, you could be designing new ice cream flavours, advising people about healthy eating as a nutritionist or working as a chef . It also provides higher education opportunities such as Food and Nutrition, Dietetics, Food and Beverage Studies.



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University Progression

Hospitality & Catering University Progression

BA (Hons) International Hospitality Management

BSc Hotel Management

BA (Hons) International Tourism & Hospitality Management

BA (Hons) Events Management

Food Preparation & Nutrition University Progression

BSE Food & Consumer Science

BSE Human nutrition

BSC (Hons) Dietetics

BSC (Hons) Food Production & Supply Management



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Subject Title & Level

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