

Food Studies

At Islwyn High School, Food is taught up to GCSE. The aims of the subject are:

- to enable students to gain various cooking skills
- to educate students about the requirements of a 'balanced diet' in the context of what it means to be human and healthy
- to encourage students to understand the importance of food safety and hygiene.

Key Stage 3

During Years 7, 8 and 9, both theory and practical lessons are undertaken. These are based on developing skills in:

- weighing and measuring accurately
- working as a team to carry out practical tasks and food-based investigations
- improving their own learning and performance through evaluation
- using basic kitchen equipment
- using the oven and hob safely
- using appropriate knife techniques to prepare a range of ingredients.

Year 7

Emphasis is placed on food safety and hygiene as many pupils undertake cooking tasks for the first time. Group activities are undertaken before students new gained skills in weighing are shown as they prepare and cook dishes such as fruit cupcakes, flapjacks and biscuits.

Emphasis is placed in theory lessons on fruit and vegetables in relation to nutrition and food miles.

Year 8

The Eatwell Guide is a focus in Year 8 with the function of nutrients examined to enable students to gain an understanding of what being healthy means.

Students prepare dishes to gain a variety of skills from cake making to bread making. Dishes that are prepared and cooked include: fruit crumble, pizza, pineapple upside down cake, salad jars and scones.



Year 9

The focus of year 9 is to equip students with a range of skills and recipes enabling them to make a variety of meals. Multicultural dishes are examined and students have the opportunity to develop a recipe from a country of choice. Students further develop skills such as sauce making, pastry skills and knife skills while preparing dishes such as Spaghetti Bolognese, Chilli Con Carne and Curry.

Key Stage 4

Hospitality and Catering

Aims

The WJEC Award in Hospitality and Catering has been designed to support learners who want to learn about this vocational sector and the potential it can offer them for their careers or further study.

Employment in hospitality and catering can range from waiting staff, receptionists and catering assistants to chefs, hotel and bar managers and food technologists in food manufacturing.

Objectives

By studying Hospitality and Catering learners will be able to:

- Demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment
- Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- Understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices
- Understand and explore the Hospitality and Catering industry, the job roles and the different types of equipment use to support the industry.



Assessment

There are two main units in this qualification:

Unit 1

Written examination: 40% (90 Marks) of qualification. Time: 1 hour 30mins

Areas of content:

1. Understand the environment in which hospitality and catering providers operate Principles of nutrition.
2. Understand how hospitality and catering provisions operate.
3. Provision meets health and safety requirements Cooking and food preparation.
4. How food can cause ill health.
5. The hospitality and catering provision to meet specific requirements.

Unit 2

Non-Examination assessment: 60% of qualification. Time: 9 hours

- The applied purpose of the unit is for learners to safely plan, prepare, cook and present nutritional dishes.
- Propose four nutritional dishes for a menu and then plan for the production of two dishes that could be included on the menu to meet the brief set by the WJEC.
- Prepare, cook and present the two dishes.

