

Health and Wellbeing – Food and Nutrition

Overview

Food and Nutrition at KS3 and KS4 enables learners to develop their knowledge and understanding of a vast number of topics and an array of food preparation, cooking and presentation skills. The KS3 course has been tailored to arm learners with knowledge and skills for life, along with a sound foundation to build upon further at GCSE level if they wish. Throughout KS3 and KS4, learners will also be introduced to a variety of career opportunities within the food industry.

KS3

Learners will develop their knowledge and understanding of a variety of topics including nutrition, health and safety, food waste, sustainability, British and international cuisine and food science. The scheme we follow develops skills that are needed at KS4.

They will develop a range of food preparation techniques and have the opportunity to cook a variety of dishes that have direct links with the topics covered.

KS4

At KS4 learners can choose to embark on the WJEC GCSE Food and Nutrition course. The course provides them with a variety of learning experiences, both practical and theoretical, which are assessed in Year 11 via both a written exam (40%) and coursework tasks (60%). The WJEC GCSE in Food and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook and enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.

