

HOE VALLEY SCHOOL

FOOD PREPARATION & NUTRITION

Practical Cooking Skills

Safe and effective use of kitchen equipment and tools, Mastery of a wide range of cooking techniques and heat transfer, Food presentation and sensory analysis, Adapting recipes and portion control, Time management and organisation in a kitchen setting

Nutrition and Health

Understanding the principles of nutrition and the Eatwell Guide, Applying nutritional knowledge to plan balanced meals for different dietary needs, Analysing the nutritional content of recipes and diets and Understanding the impact of diet on health.

Food Science

Understanding the chemical and functional properties of ingredients, Conducting food science investigations and Applying scientific principles to cooking methods and recipe development

Food Safety and Hygiene

Understanding and applying principles of food hygiene and safety, Preventing cross-contamination and foodborne illnesses, Correct storage, handling, and cooking of food Food Provenance and Sustainability-Exploring food origins, seasonality, and food miles, Understanding environmental impacts of food production and Investigating food choices in relation to ethical, religious, and cultural factors

Literacy and Communication

Developing subject-specific vocabulary, Writing structured evaluations and justifications for practical work, Interpreting nutritional data and food label and Communicating ideas clearly in written NEA tasks

Planning and Evaluation

Independently planning and organising practical tasks, Evaluating outcomes, suggesting improvements, Reflecting on sensory outcomes and nutritional value and Time planning for complex multi-dish practical

Our curriculum in Food Preparation & Nutrition empowers students to become confident, health-aware, and skilled individuals. We instil a deep understanding of nutrition, food science, and safe hygienic practices, enabling students to make informed choices for themselves and others. Through practical, hands-on experiences, students develop essential cooking techniques, explore diverse global cuisines, and gain an appreciation for food's cultural and societal impact. We also illuminate career pathways within the dynamic hospitality sector, fostering transferable skills like problem-solving, organisation, and teamwork. Our aim is to cultivate a lifelong passion for food, ensuring students can cook affordably and nutritiously, while contributing positively to their communities. We aspire to develop competent and independent learners who can apply food science principles and cooking techniques, critical thinkers, creative and resilient problem solvers and global citizens.

NEA 2 - Research, Practical trials, Planning time, Plan, Cook and Present final assessment and Analysis

GCSE Exams

YEAR 11

Food Science Mock NEA 1- Cooking methods, cooking recipes, Planning and Carrying out an investigation

Food Styling

Food Choices

YEAR 10

 Food Science

Commodities

Heat Transfer

YEAR 9

Culinary Skills

 Food Safety, Nutrition, Food

Food Choice

Culinary Skills

YEAR 8

Food Poisoning

 Nutrition

Commodities

Food Science

Food Choice

YEAR 7

 Heat Transfer

Culinary Skills

Food Safety



Topics with the WR logo are directly linked to the Hoe Valley School Work Ready Agenda.



Applied



Investigative



Evaluative