

Key Stage 5 Food Science and Nutrition Learning Journey

Experimenting to Solve Food Production

- Students develop:
- The fundamental ability to work alongside other professionals, in a professional environment
 - The ability to apply learning in vocational contexts.

Experimenting to Solve Food Production

This unit will be assessed by an internally investigative WJEC set task, 12 hour report based assessment, 3,500-4,000 words.

Experimenting to Solve Food Production

- Students develop:
- The skills of project-based research, development, and presentation
 - The ability to apply mathematical and ICT skills

Experimenting to Solve Food Production

- Students develop:
- Skills required for independent learning and development
 - Skills to ensure their own dietary health and well being
 - A range of generic and transferable skills
 - The ability to solve problems



Accompaniments

- Spun sugar
- Tuile biscuits,
- Parmesan thins,
- Biscotti
- Seeded crackers,
- Complex garnishes from fruit,
- Vegetables and flowers

Main Courses

- Chicken dishes: portioned from a whole chicken
- Beef wellington (puff pastry)
- Chutneys
- Puff pastry and vegetable wellington

Experimenting to Solve Food Production

This unit allows students the opportunity to study subjects of particular interest or relevance to them, building on previous learning and experiences.

Desserts

- Ice creams
- Sorbets
- Jams
- Steamed cakes
- Individual free standing cheesecake
- Poached pear
- Spun sugar
- Custard

Unit 2 Ensuring Food is Safe to Eat

This unit will be assessed by an 8 hour report based assessment.

Unit 2 Ensuring Food is Safe to Eat

This unit allows students to develop their understanding of the science of food safety and hygiene; essential knowledge for anyone involved in food production in the home or wishing to work in the food industry.

Main Courses

- Chicken pie: Portioning Chicken, homemade stock, puff pastry, free standing with short crust sides, knife skills with vegetable prep, possible roux sauce

Desserts

- Profiteroles
- Hazelnut brittle
- Caramel basket
- Panna-cotta
- Mini meringue
- Fondant (chocolate)
- Soufflé
- Fruit coulis

Unit 1 - Meeting the Nutritional Needs of Specific Groups making process

This unit will be assessed through an internal project incorporating a practical exam, a 12 hour report-based practical assessment and one written exam.

Year 13

Unit 1 - Meeting the Nutritional Needs of Specific Groups making process

Through on-going practical sessions, students will gain practical skills to produce quality food items to meet the needs of individuals.

Main Courses

- Boned and stuffed chicken: Kiev with pane Chicken Ballantine:
- Portioning, rolling, stuffing, poaching, sautéing, accompaniments (turned or spiralizer vegetables and sauces).

Year 12

Unit 1 - Meeting the Nutritional Needs of Specific Groups making process

This unit will enable an understanding of the science of food safety, nutrition and nutritional needs in a variety of contexts.

Starters

- Homemade pasta and a sauce (filled pasta, tricolor pasta)
- Spinach roulade
- Chicken liver pate
- Soup with particles: parmesan truffle
- Cheese soufflé

Year 13 Overview

This is a two year course working toward a Level 3 Diploma in Food Science and Nutrition, comprising of 3 units of study, 4 assessments of which 2 are internally assessed and 2 are externally assessed.

Year 12 Overview

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