

## KS5 Curriculum Overview – Food & Nutrition

### WJEC Level 3 Diploma in Food Science & Nutrition – Unit 1

**NOTE:** Practical's are subject to changes e.g. ingredient availability, student attainment, weather conditions (extreme heat), etc. KS4 and KS5 NEA/internal assessments may also impact SOW.

**Year 12 and Year 13 students are combined in one class, so units are studied in a rolling format and Year 1&2 content switches yearly.**

TERM 1 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Unit 1: Meeting Nutritional Needs of Specific Groups.</b>  <b>Theory</b> – LO1: The importance of food safety (AC1.1, AC1.2, AC1.3 and AC1.4). Including how individuals can take responsibility for food safety, methods used by food handlers to keep themselves clean and hygienic, methods used to keep work areas clean and hygienic and analyse risks associated with food safety.  <b>Practical</b> – LO5: Plan production of complex dishes &amp; LO6: Cook complex dishes. A range of dishes demonstrating a range of practical skills, e.g. vegetable cuts, meat butchery, filleting fish, quick-cook meat dishes, potato and vegetable accompaniments, etc.</p>	<p>Science (micro-organisms) / Geography (food provenance seasonality).</p>	<p><b>British Values across WJEC L3 Food Science &amp; Nutrition:</b>  <b>Individual liberty:</b> students can make their choices e.g. with regards to ingredients used in some recipes.  <b>The rule of law:</b> understanding rules and why they are important e.g. routines in the Food Room, H&amp;S, current Food Legislation &amp; Regulations.  <b>Democracy:</b> students will make decisions and work with others (pairs/groups). The right of opinion/voice for all.</p>
TERM 2 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Unit 1: Meeting Nutritional Needs of Specific Groups.</b>  <b>Theory</b> – LO2: Properties of nutrients (AC2.1, AC2.2, AC2.3). Including how nutrients are structured, nutrients in foods and the impact of food production methods on nutritional value. LO3: The relationship between nutrients and the human body (AC3.1 and AC3.2). Including functions of nutrients and characteristics of unsatisfactory nutritional intake.  <b>Practical</b> – LO5: Plan production of complex dishes &amp; LO6: Cook complex dishes. A range of dishes demonstrating a range of practical skills, e.g. choux pastry rough puff pastry, breads, etc.</p>	<p>Science (nutrition and structure of nutrients) / Geography (food provenance &amp; seasonality).</p>	<p><b>British Values across WJEC L3 Food Science &amp; Nutrition (cont.):</b>  <b>Tolerance:</b> learning about different faiths and cultures in respect to food and diets. Working with others and listening to different points of view.  <b>Mutual respect:</b> working with others, respecting the choices of others.</p>
TERM 3 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Unit 1: Meeting Nutritional Needs of Specific Groups.</b>  <b>Theory</b> – LO3: The relationship between nutrients and the human body (AC3.3 and AC3.4). Including nutritional needs of specific groups and how different situations affect nutritional needs. Unit 4: Plan nutritional requirements (AC4.1 and AC4.2).  <b>Practical</b> – LO5: Plan production of complex dishes &amp; LO6: Cook complex dishes. A range of dishes demonstrating a range of practical skills, e.g. roux sauces, wine sauces, heavy cream sauces, vegetables sauces, sweet sauces, etc.  <b>Mock Unit 1 Internal Assessment.</b></p>	<p>Science (nutrition) / Child Development (dietary needs of different life stages) / Health &amp; Social care (dietary needs of different life stages) / Geography (food provenance &amp; seasonality).</p>	<p><b>Career Links across WJEC L3 Food Science &amp; Nutrition:</b>  - Promote awareness of the work of work, e.g. hygiene &amp; safety practices, practical skills, nutrition, dietician, food technologist, etc.  - Promoting understanding of the food industry and economy, e.g. food processing, budgeting, food preservation, etc.</p>
TERM 4 TOPIC/s	*Key Skills/Subject Links	*Career links & BV

<p><b>Unit 1: Meeting Nutritional Needs of Specific Groups.</b>  <b>Theory</b> – LO4: Plan nutritional requirements.  <b>Mock Unit 1 Internal Assessment.</b>  <b>Practical</b> – LO5: Plan production of complex dishes &amp; LO6: Cook complex dishes. A range of dishes demonstrating a range of practical skills, e.g. starters, mains and desserts.  <b>Unit 1 Internal Assessment.</b></p>	<p>Science (nutrition) / Child Development (dietary needs of different life stages) / Health &amp; Social care (dietary needs of different life stages) / Geography (food prevalence &amp; seasonality).</p>	<p><b>Career Links across WJEC L3 Food Science &amp; Nutrition (cont.):</b>  - Link skills to the wider world, e.g. practical skills, grammar, organisation, time management, etc.  - Links with industry, e.g. The Yarrow Hotel, Broadstairs.</p>
TERM 5 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Unit 1: Meeting Nutritional Needs of Specific Groups.</b>  <b>Theory</b> – revision for external assessment.  <b>Practical</b> – LO5: Plan production of complex dishes &amp; LO6: Cook complex dishes. A range of dishes demonstrating a range of practical skills.</p>		
TERM 6 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Unit 1 External Assessment.</b>  Preparation for Unit 2/3 with remaining students in their first year of study.</p>		

### KS5 Curriculum Overview – Food & Nutrition

#### WJEC Level 3 Diploma in Food Science & Nutrition – Units 2 & 3

**NOTE:** Practical's are subject to changes e.g. ingredient availability, student attainment, weather conditions (extreme heat), etc. KS4 and KS5 NEA/internal assessments may also impact SOW.

Year 12 and Year 13 students are combined in one class, so units are studied in a rolling format and Year 1&2 content switches yearly.

TERM 1 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Unit 3: Experimenting to solve food production problems.</b>  <b>Theory</b> – LO1: The scientific properties of food (AC1.1 and AC1.2). Including protein denaturation, functional properties of protein, functional properties of carbohydrates, functional properties of lipids, functional properties of raising agents and colloidal systems.  <b>Practical</b> – practical tasks to demonstrate topics covered in theory lessons, e.g. quiche, lemon cheesecake, cheese pasta bake, apricot &amp; white chocolate frangipane tart, focaccia, stollen wreath, etc.</p>	<p>Science (structure of nutrients / chemistry).</p>	<p><b>British Values across WJEC L3 Food Science &amp; Nutrition:</b>  <b>Individual liberty:</b> students can make their choices e.g. with regards to ingredients used in some recipes  <b>The rule of law:</b> understanding rules and why they are important e.g. routines in the Food Room, H&amp;S, current Food Legislation &amp; Regulations.  <b>Democracy:</b> students will make decisions and work with others (pairs/groups). The right of opinion/voice for all.</p>

TERM 2 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Unit 3: Experimenting to solve food production problems.</b>  <b>Theory</b> – LO2: Scientifically investigate changes to food (AC2.1, AC2.2, AC2.3, AC2.4 and AC2.5). LO3: Solve food production problems (AC3.1, AC3.2 and AC3.3). Including sensory analysis and production methods.  <b>Practical</b> – practical tasks to demonstrate topics covered in theory lessons, e.g. sensory analysis panel, Chelsea buns, etc.  <b>Mock Unit 3 Internal Assessment.</b></p>	<p>Science (structure of nutrients / chemistry/ practical investigations / writing up practical investigations / interpreting data) / Maths (interpreting data / displaying data).</p>	<p><b>British Values across WJEC L3 Food Science &amp; Nutrition (cont.):</b>  <b>Tolerance:</b> learning about different faiths and cultures in respect to food and diets. Working with others and listening to different points of view.  <b>Mutual respect:</b> working with others, respecting the choices of others.</p>
TERM 3 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Mock Unit 3 Internal Assessment.</b>  <b>Unit 3 Internal Assessment.</b>  <b>Unit 2: Ensuring Food is Safe to Eat.</b>  <b>Theory</b> – LO1: How micro-organisms affect food safety (AC1.1). Including the properties of micro-organisms.</p>	<p>Science (micro-organisms / interpreting data / writing up practical investigations) / Maths (interpreting data / displaying data).</p>	<p><b>Career Links across WJEC L3 Food Science &amp; Nutrition:</b>  - Promote awareness of the work of work, e.g. hygiene &amp; safety practices, practical skills, nutrition, dietician, food technologist, etc.  - Promoting understanding of the food industry and economy, e.g. food processing, budgeting, food preservation, etc.</p>
TERM 4 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Unit 2: Ensuring Food is Safe to Eat.</b>  <b>Theory</b> – LO1: How micro-organisms affect food safety (AC1.2, AC1.3 and AC1.4). Including conditions affecting growth of micro-organisms in different environments, how micro-organisms affect food quality and how preservation methods prevent the growth of micro-organisms. LO2: How food can cause ill health (AC2.1, AC2.2, AC2.3, AC2.4). Including the physiology of food intolerances, the physiology of food allergies, physiological basis of food poisoning and symptoms of food induced ill health. LO3: How food safety is managed in different situations (AC3.1, AC3.2, AC3.3 and AC3.4). Including food safety hazards in different environments, assess the risk to food safety in different environments, explain control measures used to minimize food safety risks and justify proposals for control measures in different environments.</p>	<p>Science (micro-organisms).</p>	<p><b>Career Links across WJEC L3 Food Science &amp; Nutrition (cont.):</b>  - Link skills to the wider world, e.g. practical skills, grammar, organisation, time management, etc.  - Links with industry, e.g. The Yarrow Hotel, Broadstairs.</p>
TERM 5 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Mock Unit 2 External Assessment.</b>  <b>Unit 2 External Assessment.</b></p>		

<b>TERM 6 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
Preparation for Unit 1 with remaining students in their first year of study.		