KS5 Curriculum Sequencing – Homework/Prep Time Work and Private Study Work: Food Science and Nutrition

Food Science and Nutrition Homework, prep time work and private study work policy

All homework, prep time work and private study work in Food Science and Nutrition set on Edulink homework with a clear set date, due date and time allocation.

Homework	5-6 hours of homework will be set for each student across both sides of the course every fortnight. This can vary in terms of weighting between the two sides of the course with two teachers. Homework will be checked for completion in future lessons and, depending on the unit being completed, will often contribute towards coursework assignments.
Prep time work	1-2 hours of prep time work will be set per fortnight. Prep time work largely involves researching dishes for recipes and linking them to nutritional and dietary needs linked specifically to Unit 1 coursework for Year 12. Year 13 prep work largely involves the use of textbooks and research for Unit 2 and 3. Prep time also includes the completion of tasks designed to prepare students for their coursework assignments.
Private study work	1-2 hours of private study work will be set each fortnight across both sides of the course. This includes reading articles, watching videos, progressing through interactive courses and note taking. Private study work is not checked for completion but evidence of completion will show through classwork and assessments.

Sequencing of homework, prep time work and private study work

Term 1 Unit 1: coursework and exam: Nutritional Needs of Specific Groups	***Prep time*** Students will need to spend 1 hour per week prepping for the advanced dishes. Prep includes reading recipes, organising ingredients, and researching the nutritional value of specific ingredients in preparation for the Unit 1 coursework and Exam. Use of the Food Explore site will support students with the nutritional aspects of their prep:	***Homework*** Students will need to prepare, weigh and organise ingredients for the range of high skilled dishes in the course. See dishes in prep time column. Students will be given a variety of exam style questions relating to Unit 1: Nutritional needs of specific groups. These will be a variety of 2 - 40 mark	***Private study*** **Books** Bender, D. (2002). An Introduction to Nutrition and Metabolism (3rd Ed). Oxford, UK: Taylor and Francis Ltd Brown, A.C. (2010). Understanding Food: Principles and Preparation (4th Ed). USA: Wadsworth Publishing Campbell J (et al) (2011) Practical Cookery Level 3 Hodder Education Cesarani V (2002) Advanced Practical Cookery: A Textbook for Education and Industry Hodder

	https://explorefood.foodafactoflife.org.uk/ Dishes include: Advanced Dish of choice Chocolate tart Dauphinoise Risotto Portioning Chicken Kiev Chicken Pie Homemade soup Jam Mayonnaise Ravioli Ice cream Fillet fish Fish cakes Salmon Mousse Cheesecake Chocolate work Sugar work Caramelised onion Bread Salmon en croute	questions and directly link to the theory taught. These will be set as Section A, B and C within the exam paper. As the term progresses there will be an increase of retrieval practice questions to embed knowledge. ***Topics included:*** Nutrition Diets Deficiencies Dietary diseases Food Science Food Safety	Education Drummond, K.E. and Brefere, L.M. (2009). Nutrition for Foodservice and Culinary Professionals (7 th Ed). Hoboken, NJ, USA John Wiley and Sons Foskett D, Cesarani V, (2007) Cesarani and Kinton's The Theory of Catering Dynamic Learning Food Standards Agency. (2008). Manual of Nutrition (11 th Ed). London, UK: Stationary Office Jeukendrup, A and Gleeson, M. (2004). Sport Nutrition: An Introduction to Energy Production and Performance. Leeds, UK: Human Kinetics A. Smith, M. and Morton, D. (2001). The Digestive System: Systems of the body. London, UK: Churchill Livingstone **Websites** www.foodsafety.gov http://homefoodsafety.org/app BBC Health: www.bbc.co.uk/health/healthyliving British Nutrition Foundation: www.nutrition.org.uk CORE: http://www.corecharity.org.uk/ Department for Health: www.dh.gov.uk http://www.dynamic-learning.co.uk/Product.aspx?productID=164 www.excellencegateway.org.uk/askbutler.examples.id295 Food and Drink Federation: www.fdf.org.uk Food Standards Agency: www.food.gov.uk/aboutus/publications/industrypublications/ Food Vision: www.foodvision.gov.uk

			Health Development Agency: www.nice.org.uk Calculating nutrition: https://explorefood.foodafactoflife.org.uk/ General Food theory: https://www.foodafactoflife.org.uk/ https://www.nhs.uk/live-well/eat-well/
Term 2 Unit 1: coursework and exam: Nutritional Needs of Specific Groups	***Prep time*** Students will need to spend 1 hour per week prepping for the advanced dishes. Prep includes reading recipes, organising ingredients, and researching the nutritional value of specific ingredients in preparation for the Unit 1 coursework and Exam. Use of the Food Explore site will support students with the nutritional aspects of their prep: https://explorefood.foodafactoflife.org.uk/ Dishes include: **TBC** Students will also be completing the Unit 1 coursework in this term and therefore should prepare their three dishes for the exam. This prep will include having a full understanding of the nutritional value, the suitability of the dish as per the brief, the skills involved in making it. Students are encouraged to practice their dishes at home in preparation for the exam.	***Homework*** Students will need to prepare, weigh and organise ingredients for the range of high skilled dishes in the course. See dishes in prep time column. Students will be given a variety of exam style questions relating to Unit 1: Nutritional needs of specific groups. These will be a variety of 2 - 40 mark questions and directly link to the theory taught. These will be set as Section A, B and C within the exam paper. As the term progresses there will be an increase of retrieval practice questions to embed knowledge. ***Topics included:*** Nutrition Diets Deficiencies Dietary diseases Food Science Food Safety	***Private study*** Students are encouraged to continue using the above books and sites to help embed knowledge and have a greater understanding of the theory in the context of industry in preparation for the Unit 1 coursework and exam. Students should be in a clear revision routine for their Unit 1 exam, this should include 3 hours of revision a week.

Term 3 Unit 1: exam	***Prep time*** Students should ensure that they have all revision materials needed for the lessons. They should also focus on completing independent revision based on the exam topics. This includes: AC1.1 Explain how individuals can take responsibility for food safety AC1.2 Explain methods used by food handlers to keep themselves clean and hygienic AC1.3 Explain methods used to keep work areas clean and hygienic AC1.4 Analyse risks associated with food safety AC2.1 Explain how nutrients are structured AC2.2 Classify nutrients in foods AC2.3 Assess the impact of food production methods on nutritional value AC3.1 Describe functions of nutrients in the human body AC3.2 Explain characteristics of unsatisfactory nutritional intake AC3.3 Analyse nutritional needs of specific groups AC3.4 Assess how different situations affect	***Homework*** Revision based tasks as appropriate to the exam in June. Including: Students will be given a variety of exam style questions relating to Unit 1: Nutritional needs of specific groups. These will be a variety of 2 - 40 mark questions and directly link to the theory taught. These will be set as Section A, B and C within the exam paper. As the term progresses there will be an increase of retrieval practice questions to embed knowledge. ***Topics included:*** Nutrition Diets Deficiencies Dietary diseases Food Science Food Safety	***Private study*** Students are encouraged to continue using the above books and sites to help embed knowledge and have a greater understanding of the theory in the context of industry in preparation for the Unit 1 coursework and exam. Students should be in a clear revision routine for their Unit 1 exam, this should include 3 hours of revision a week.

	nutritional needs AC4.1 Evaluate fitness for purpose of diets AC4.2 Calculate nutritional requirements for given individuals		
Term 1 & 2 Year 13: Unit 3	***Prep time*** Students will need to spend 1 hour per week prepping for the food investigations in their Unit 3 practice coursework and the formal coursework. Prep includes reading recipes, organising ingredients, and researching the functional and chemical properties of the ingredients. Students should prep how they can answer each of the assessment criteria and use this time to plan out how they will complete the assignment The assessment criteria includes: AC1.1 explain how food properties can be changed AC1.2 explain variables that affect physical properties of food AC2.1 set success criteria for scientific investigations AC2.2 obtain outcomes from scientific investigations AC2.3 record outcomes of investigative work AC2.4 process data	***Homework*** Students will need to spend 1 hour per week prepping for the food investigations in their Unit 3 practice coursework and the formal coursework. Prep includes reading recipes, organising ingredients, and researching the functional and chemical properties of the ingredients. Students should prep how they can answer each of the assessment criteria and use this time to plan out how they will complete the assignment	***Private study*** ***Books*** *McGee H. Food and Cooking: An Encyclopedia of Kitchen Science, History and Culture: Hodder-Stoughton: 2004* *Barham P. The Science of Cooking. Springer-Verlag 2001* *Blumenthal H. Heston Blumenthal at home: Bloomsbury publishing: October 2011* *Joachim D and Schloss A. The Science of good food: Robert Rose Inc: October 2008* ***Websites*** *http://www.visionlearning.com/library/module_viewer.php?mid=62* *http://www.exploratorium.edu/cooking/icooks/11-03-03.html* *http://www.exploratorium.edu/cooking/eggs/eggscience.html* *http://en.wikipedia.org/wiki/Gelatin_dessert* *http://www.food-info.net/uk/colour/caramel.htm* *http://www.foodnetwork.com/how-to/how-to-emulsify-liquids/index.html* *http://www.rsc.org/Education/Teachers/Resources/kitchenchemistry/00_video.htm* *http://sam.davyson.com/a2/chemistry/fssn/* *http://foodtech-llangefni.co.uk/en/* *http://www.thefatduck.co.uk/Heston-Blumenthal/*

	AC2.5 review suitability of investigative methods AC3.1 analyse food production situations AC3.2 propose practical options to solve food production problems AC3.3 scientifically justify proposed options		
Term 1 Year 13 : Unit 2	***Prep time*** Students will need to spend 1 hour per week prepping for the 8 hour exam. Prep includes reading class notes, organising into research areas and AC's. AC1.1 describe properties of micro-organisms	***Homework***	***Private study*** ***Books*** Brown, A.C. (2010). Understanding Food: Principles and Preparation (4th Ed). USA: Wadsworth Publishing **Websites** www.foodsafety.gov http://homefoodsafety.org/app BBC Health: www.bbc.co.uk/health/healthyliving British Nutrition Foundation: www.nutrition.org.uk CORE: http://www.corecharity.org.uk/ Department for Health: www.dh.gov.uk http://www.dynamic-learning.co.uk/Product.aspx?productID=164 www.excellencegateway.org.uk/askbutler.examples.id295 Food and Drink Federation: www.fdf.org.uk Food Standards Agency: www.food.gov.uk/aboutus/publications/industrypublications/ ***NHS website***

Term 2 Year 13 : Unit 2	***Prep time***	***Homework***	***Private study*** Students are encouraged to continue using the above books and sites to help embed knowledge and have a greater understanding of the theory in the context of industry in preparation for the Unit 2 exam. Students should be in a clear revision routine for their Unit 2 exam, this should include 3 hours of note preparation a week.
Term 3 Year 13 Unit 2	***Prep time***	***Homework***	***Private study*** Students are encouraged to continue using the above books and sites to help embed knowledge and have a greater understanding of the theory in the context of industry in preparation for the Unit 2 exam. Students should be in a clear revision routine for their Unit 2 exam, this should include 3 hours of note preparation a week.