

# KS4 REPORT INFORMATION:

## How to Succeed in Food Preparation and Nutrition (AQA)

The best chance of success in all subjects is:

- an excellent punctuality and attendance to lessons
- a positive attitude to learning
- high aspirations, resilience and a determination to achieve
- a commitment to independent study (homework and revision)
- Complete practical work to the best of your ability
- To plan practical work to show skills and application of knowledge

In Food we provide the following support to ensure that all students make the best possible progress:

### **Knowledge Organisers**

Please click on the link to our KS4 Year group Knowledge Organiser folders for Food :

[Food Preparation and Nutrition Knowledge Organisers](#)

In Food we have help sheets to support our students' learning as well as PDFs of units of work to support the work that the students have to produce. These are referred to on a regular basis in lessons as well as recommended for support with homework tasks.

### **PLCs (Personalised Learning Checklists) FPN PLC documents**

These can be used for students to track/identify where they are up to with the subject knowledge that is required for their NEA's and external exam in Year 11. In Food , we have integrated the PLCs into our feedback as well as separate feedback sheets for each topic. These can be located in the Google Classroom Class folder. Please see an example image below of a students PLC document. This makes it visibly clear for students to understand exactly where they are in their knowledge and application of skills.. 'Red' indicates missing work, 'Amber' indicates that there are corrections to be carried out to complete the work and 'Green' indicates that the work is completed to a good standard.

[Food Prep & Nutrition PLC documents](#)

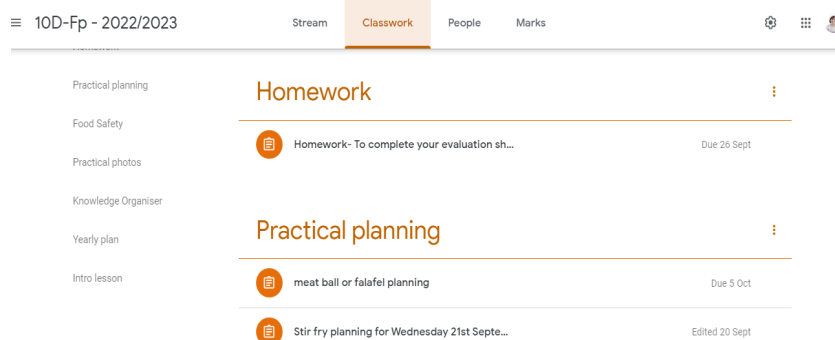
Assessment Criteria	Topic/Unit Focus	R	A	G
3.2.1 Macronutrients	3.2.1.1 Protein			
	Low and high biological value proteins			
	Protein complementation			
	Protein alternatives eg textured vegetable protein (TVP), soya, mycoprotein and tofu			
	The functions of proteins			
	Main sources of proteins			
	Effects of deficiency and excess			
	Related dietary reference values			

## Google Classroom

In Food we use the Google Classroom to ensure that our students have access to all of the Knowledge Organisers as well as additional resources to support their learning and home learning. Here we also upload recipes and planning sheets to support the practical aspect of the course.

On the Google Classroom homework is published, our recommended reads for students to read around the subject as well as our academic year calendar (in which it clearly states what work we will be competing each week). This also highlights when practical ingredients are required and practical sessions are taking place.

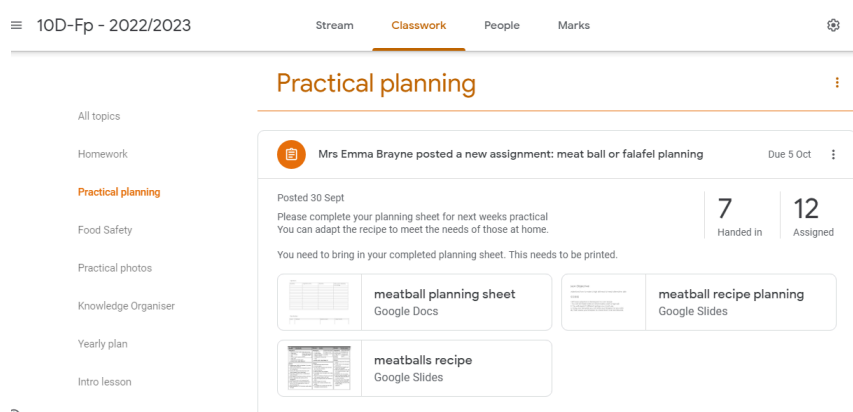
Please see an example of a post in the Google Classroom for Food :



## Homework Food Preparation and

Nutrition is a theoretical and practical based subject. It is imperative that students are working at home to complete tasks to keep their practical and theoretical skills up to date. Subject teachers may also set specific tasks for students to complete as part of their home learning. Students will be asked to submit this work in class and will be challenged by subject staff if it hasn't been completed. All work set in Food is working towards two pieces of coursework, one a Food investigation task and a Food preparation assessment which is 50% of their overall qualification and an external exam which makes up the remaining 50% of their overall qualification. We are grateful for parental/guardian support in this matter.

Please see an example of a homework post for Food in the Google Classroom. If students are ever unsure of what is expected of their homework they can speak with class teachers in the lesson or even via email. We do ask if there is a legitimate reason that homework cannot be completed and that it is communicated to subject teachers by parents/guardians via letter, email or even a note in the students' planners.



## Extended Support

If students are struggling with coursework and need some further help, subject teachers will offer extended support in which they will work at lunches/after school on course sessions that will be communicated to parents and students. These extra sessions support subject work pieces of coursework and revision. These sessions are highly successful and it is advised that all students attend these when they can in order to complete coursework/revision to a good standard.

## Revision, Useful Apps & Websites

In Food , students are requested to revise modules/units and learn key words and techniques. There are a number of Knowledge Organisers to support this. Students also have access to an online textbook. This gives access to videos, mini tests and exam questions. Which supports students' learning. It is always useful that students read over Knowledge Organisers to learn key terms and practical skills so that they can apply techniques quickly in lessons. The main focus of Year 10 is for students to learn the theory and practical aspect of the course to apply them in their NEA's and their external exam in year 11.

We recommend the following APPS and websites to support our students in food:



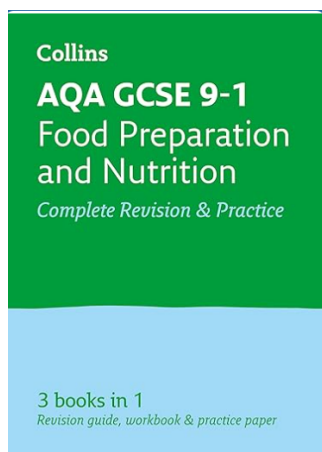
- **Google Drive** - when students are working at home, it is advised that they save their work onto the Google Drive so that they can access their work in school. If students download the Google Drive App for their computers at home and use their school logins, it creates a G drive on their computers for them to open up work and save it easily rather than manually uploading and downloading files. Students are taught this in the first lessons of Food and it is reiterated to them throughout the course.



- **Explore Food** -This is supported by Food a Fact of Life and is the nutritional analysis tool students will use to assess the nutritional content and properties of food. This is a compulsory aspect of the NEA.



- **Seneca** This website gives students the opportunity to revise and self test themselves on their food knowledge. These will be set as homework and revision tasks where appropriate.



- **Collins revision guide and cards**- Students were able to purchase these revision materials in year 10 to use as part of their course and coursework planning. The revision guide includes plenty of practice questions with quick tests throughout, topic-by-topic practice and mixed practice questions.

There are free Q&A flashcards to download online at [Free Collins flash cards](#) There are QR codes that link directly to interactive quick recall quizzes and worked video solutions for each topic and access to an ebook version at [collinshub.co.uk/ebooks](http://collinshub.co.uk/ebooks)

The revision cards are a good way of revising specific topics and are an excellent revision aid.

## Additional Information

Students are required to undertake practical tasks. These tasks can result in the production of a final edible product or an outcome of an experiment. Students are required to provide ingredients to support this.