

### What type of products will be made?

Chow Mein/stir fry, Enchiladas, Fajitas, Risotto Curries, Quesadillas, Oat cookies, Savoury muffins, Savoury roulade, Breads, Pasties, Roux sauces, Filleting fish, jointing chicken, grilling/ baking / steaming, homemade pasta – to learn about 'gluten formation', Shortbread- to learn about 'shortening', Mayonnaise- to learn about 'emulsification', Meringues- to learn about 'aeration', Salad dressing- to learn about 'plasticity', Adapting a recipe for a specialist diet.

### Results of the department from 2023/24:

#### Key Stage 3 Levels

	Year 8 At or above expected target	Year 9 At or above expected target
Ursuline	44%	82%

#### Key Stage 4 – GCSE Food Preparation & Nutrition

	9 - 7	9 - 5	9 - 4
Ursuline	36%	81%	95%

**URSULINE HIGH SCHOOL**  
Crescent Road, Wimbledon, SW20 8HA  
Tel: 020 8255 2688 Fax: 020 8255 2687  
Email: [enquiries@ursulinehigh.merton.sch.uk](mailto:enquiries@ursulinehigh.merton.sch.uk)  
Web: [ursulinehigh.merton.sch.uk](http://ursulinehigh.merton.sch.uk)

**Open Evening 2024**



**Ursuline  
High School**  
WIMBLEDON



# FOOD PREPARATION and NUTRITION

**Head of Department**  
Ms Hoyles

## What is Food Preparation & Nutrition?

The majority of the specification will be delivered through preparation and making activities. Students will be taught to make the connections between theory and practice to apply their understanding of food and nutrition to practical preparation.

The 5 topics being taught will be:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance

The range of food and ingredients studied will reflect the recommended guidelines for a healthy diet based on the main food commodity groups. Food groups include:

- Bread, cereals, flour, oats, rice, potatoes and pasta.
- Fruit and vegetables (fresh, frozen, dried, canned and juiced).
- Milk, fish, eggs, soya, tofu, beans, nuts and seeds.
- Butter, oil, margarine, sugar and syrup.



## How will it be delivered?

Students start learning the subject in year 8, when they will have one lesson a week for one and a half terms, then they swap with DT. The same for year 9. Then students can choose if they want to study the GCSE in year 10. The students are learning through practical lessons, they will be making a range of different dishes – mainly healthy savoury dishes. But there will also be some sweet products made. Students are taught about the nutritional content and implications of the foods they choose.

Students will also be taught WHY ingredients are being used. For example, when we make a cake we know that we need to use butter, sugar, eggs and flour. But WHY? – we cream together the butter and the sugar to trap air, this helps the cake rise. We use egg to maintain the structure of the cake as it coagulates (sets) when cooked. The flour gives it structure and helps the cake rise. The sugar gives colour when it caramelises and sweetness.

## Students learn about:

- How to make informed nutritional decisions.
- How to prepare and serve food.
- Proteins – nutritional value and functional properties.
- Fats – nutritional value and functional properties.
- Carbohydrates – nutritional value and functional properties.
- Vitamins and minerals – nutritional value and functional properties.
- Sensory analysis.
- Food safety.
- Raising agents.
- Diet, nutrition and health.
- Selecting cooking methods.
- Cooking and heat transfer.
- Energy needs and expenditure.

