

## FOOD AND NUTRITION AT THE BOURNE ACADEMY

### **Food and Nutrition: Key Stage 3 (Years 7 and 8)**

Students in years 7 and 8 study Food in 2 termly rotations throughout the academic year. Lessons are taught in one hour sessions.

The focus of learning is on 'Food, Nutrition and Cooking'; this includes such topics as; Food and the environment, energy, diets and lifestyles, nutrients and their functions, healthy eating, knife skills, food safety and hygiene, cookery skills and methods, foods from different cultures, and so on.

Students cook frequently and are encouraged to become more independent and resilient learners, particularly during practical cookery lessons. Many dishes are demonstrated and students are often given the opportunity to support in demonstrations, taste and identify ways of adapting recipes.

Ingredients are provided by the Academy and we ask for a voluntary contribution towards the cost.

We also support students with dietary choices and requirements. We ask parents to keep us informed of any dietary needs so we can provide alternative ingredients for students where needed.

### **Hospitality and Catering: Key Stage 4 (Years 9, 10 and 11)**

The Level ½ Hospitality and Catering course is delivered over 3 years and offers students a unique opportunity to build and develop students' knowledge and extend practical skills. It is a recognised qualification from those in industry and is valuable preparation for those who want to start a career in Hospitality and Catering or go on to progress to further education.

The course encourages the investigation and study of Hospitality and Catering in a wide variety of contexts and uses a range of assessment techniques to enable the student to respond through practical and investigative work which are consolidated with industry experience with local Food and Hospitality businesses, the Bournemouth and Poole college as well as our own school hub.

Key topics assessed on this course:

- **Understand the importance of nutrition when planning menus**
- **Menu planning and target groups**
- **Types of Hospitality and Catering establishments and different job roles**
- **The environment in which Hospitality and Catering providers operate and provision**
- **How Hospitality and Catering provision meets health and safety requirements**
- **Know how food can cause ill health**
- **Be able to propose Hospitality and Catering provision to meet specific requirements**
- **Be able to select and prepare ingredients**
- **To cook and present good quality dishes using safe and hygienic practise**

Level 1/2 Assessed units:

Unit 1: 90 minute written exam worth 40%

Unit 2: Coursework with 3 hours practical exam 60%

## Career Opportunities:

Just some of the careers that a Food and Nutrition and Hospitality and Catering can lead to:

|                            |                              |                        |
|----------------------------|------------------------------|------------------------|
| Airline Chef               | Bed-and-Breakfast Owner      | Food Teacher           |
| Artisan Bread Bake         | Kitchen Designer             | Cookbook Author        |
| Hotel/Restaurant Manager   | Food Writer                  | Cruise-Ship Chef       |
| Banquet Chef               | Hospital Chef                | Celebrity Chef         |
| Bartender                  | Butcher                      | Journalist             |
| Cake Designer              | Herb & Specialty Crop Farmer | Butler                 |
| Blogger                    | Biotechnology Researcher     | Food taster            |
| Bee Keeper/Honey Producer  | Graphic Designer             | Gift Basket Maker      |
| Chef Instructor            | Chef de Cuisine              | Waiter/waitress        |
| Cheese Maker               | Environmental Health Officer | Coffee Shop Owner      |
| Culinary TV Producer       | Military Chef                | Food Technician        |
| Event Planner              | Dietician                    | Deli Owner             |
| Cruise-Ship Lecturer       | Cupcake Creator              | Entrepreneur           |
| Packaging Designer         | Culinary Tour Guide          | Food Designer          |
| Food Retailer              | Food Stylist                 | Pastry Chef            |
| Food and Restaurant Critic | Nutritionist                 | Fish Farmer            |
| Menu Designer              | Executive Chef               | Food Photographer      |
| Recipe Developer           | Sommelier                    | Recipe Writer          |
| Research Chef              | Personal Chef                | School Kitchen Chef    |
| Sandwich Shop Owner        | Recipe Tester                | Retirement Home Chef   |
| Food Technician            | Restaurant Owner             | Tea Shop Owner         |
| Hotel Owner                | Fishmonger                   | <i>Your Dream Job!</i> |

Please email the teacher in charge of Food and Nutrition [alexa.matthews@thebourneacademy.com](mailto:alexa.matthews@thebourneacademy.com) if you have any questions about the curriculum or about your child's progress during the year.