



Saint Bede's Catholic High School

Year 9 Options Information Evening

16 March 2022



Welcome

The purpose of tonight's session is to:

- **Outline the Key Stage 4 (Years 10 and 11) curriculum at Saint Bede's**

- **Explain the choices pupils have to make**

- **Give advice on how to make those choices (and how not to!)**

- **What happens next?**

Our Key Stage 4 Curriculum

All pupils will study:

- GCSE English Language
- GCSE English Literature
- GCSE Maths
- GCSE Religious Studies
- GCSE Science (either 'Combined' or 'Separate')
- 3 x GCSE level options
- Non-exam PE lesson
- Non-exam PSHCE lesson

9 or 10 GCSE level qualifications

GCSE grading

9	A*
8	A*
7	A
6	B
5	B
4	C
3	D
2	E
1	F
1	G
U	U

Science

All pupils will study GCSE Science.

Most pupils will study the **Combined Science route, worth 2 GCSEs.**

Some pupils will study the **Separate Science route, worth 3 GCSEs. This involves more content in the same amount of lesson time.**

The appropriate route for each pupil will be decided in consultation with pupils and parents later in the year.

The EBacc

The EBacc is a group of core subjects which the government believes most young people should study. They cover a range of knowledge and skills, and keep options open for future study and careers.

The EBacc subjects are:

- English
- Maths
- Science
- Humanities (Geography or History)
- Languages

The EBacc

Languages are often the biggest barrier to EBacc participation. At Saint Bede's we currently offer **French**.

Remember that:

- Languages offer an **insight into other cultures**
- They open doors to **future travel and employment opportunities**
- It is natural for pupils in Year 9 to feel less confident about Languages than other subjects, because they have been studying them for **less time**

Stage 1 Choice

All pupils must choose at least one of these subjects:

- **French**
- **Geography**
- **History**

Pupils doing so will achieve qualifications in four of the five EBacc subject areas.

All pupils can choose to study two or three of these subjects and achieve qualifications in all five areas.

All pupils will study two of the below:

Art

History

Business Studies

Music

Computer Science

Product Design

Drama

PE

Food

VCERT Business

French

VCERT Health &

Geography

Fitness

Stage 2 Choice

**Pupils will identify four choices,
ranked 1-4 in order of preference:**

Stage 2 Choice

Art	
Business Studies	
Drama	
Food Preparation & Nutrition	
French	
Geography	
History	
Music	
Product Design	
Physical Education	
VCert Business and Enterprise	
VCert Health and Fitness	
Computer Science	

Making Choices

Pupils should:

- **Study the Options booklet with parents**
- **Talk to teachers about the courses**
- **Talk to older pupils or siblings**
- **Choose subjects that interest them**

Pupils should not:

- **Make choices based on the teacher**
- **Make choices based on what friends are doing**
- **Rush to decide, or worry too much about it**

Options Information Booklet

Subject Leader: Mrs Horan

Specification: Edexcel

OPTION

GCSE FOOD PREPARATION & NUTRITION

What will I be studying?

The course is designed to extend candidates' practical skills and knowledge of food. It focuses on food production and food service as an introduction to the catering industry. It will equip learners with the knowledge, understanding and skills required to cook and also to apply the principles of food science, nutrition and healthy eating. Following this qualification will encourage learners to cook and enable them to make informed decisions about food and nutrition in order to be able to feed themselves and others affordably and nutritiously, now and later in life.

Areas of Content

1. Food commodities e.g. cereals, fruit and vegetables, sugars, dairy, fats, meat/fish and vegetarian alternatives. The course will look at their value in the diet, their working characteristics, and experiments to understand changes occurring during cooking and also current recommended guidelines for a healthy diet. 2. Principles of nutrition - the role of the main nutrients in the diet, their sources, function and deficiency diseases. 3. Diet and good health 4. The science of food 5. Where food comes from 6. Cooking and food preparation. Dishes cooked will include a wide range of dishes - main meal dishes, vegetable dishes, pastries, cakes, sauces, dishes for special diets, starters, desserts etc.

It is expected that students will cook every week in order to develop their practical skills and to produce a wide range of high quality dishes.

How will I be assessed?

COMPONENT 1: Principles of food preparation and nutrition

Written examination (50% of qualification) to be taken at the end of Year 11, comprising short and extended answers.

COMPONENT 2: Food preparation and nutrition in action - controlled assessment (50% of qualification). Two parts to be undertaken in Year 11:

1. An investigative assessment worth 15% (8 hours) e.g. find the most suitable ingredients to produce a crisp pastry or investigate the different methods used to thicken sauces. A report of 1500 words will be produced.
2. A food preparation assessment worth 35% (12 hours). Plan, prepare, cook and evaluate 3 dishes to suit a specific dietary need such as the cuisine of another country or a special diet such as vegetarianism. A report will be produced of 15 sides of A4 in length.

Possible Career Paths

As well as providing students with essential life skills it will prepare them for further education and employment within the hospitality, catering and food industry and in addition links well with careers in a wide range of sectors such as environmental health, nutrition, events & marketing, journalism, medicine, nursing, teaching, child care and sports science to name but a few.

Options Information Booklet

If you are looking to explore further education options and employment possibilities, the following links may be useful:

National Careers Service

This website contains general advice about different careers; skills assessments and finding relevant courses.

<https://nationalcareers.service.gov.uk/>

Prospects

Another website with general advice about a range of careers.

<https://www.prospects.ac.uk/>

UCAS

UCAS is the platform where college leavers apply for university courses but it also has a wealth of resources about courses available and different universities.

<https://www.ucas.com/>

Apprenticeships

ASK Apprenticeships

This site contains general information about apprenticeships including; what fields they are offered in; the different levels and how to find apprenticeships.

<https://amazingapprenticeships.com/about-ask/>

Live listings of current apprenticeship vacancies can be found here:

<https://amazingapprenticeships.com/about-ask/>

What happens next?

- **Thursday 17th March: Year 9 Options Booklet published on Firefly**
- **Wednesday 20th April: Year 9 Parents' Evening**
- **Thursday 21st April: Options form issued electronically**
- **Friday 6th May: Deadline for Options choices to be submitted**
- **Options confirmed later in the year**



Thank You

Staff are now available to answer your questions

