

Food Preparation & Nutrition Curriculum Map KeyStage 3

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9	Focus:	Food health and safety and basic food hygiene. Practical skills: Forming, shaping and cutting, using the oven, use of the hob, making a roux sauce, cooking pasta, cooking rice, gratiné, handle ingredients safely (meat), combine ingredients uniformly to the correct consistency, use a food processor, use the oven and grill, lining a cake tin, making a meat or alternative base. Recipe adaptation. Nutrients and dietary requirements, food source, seasonality.					
	Assessment:	Dishes cooked are graded EM – MA for making and preparation and students are given a WWW and EBI, students self-asses dishes with a WWW and EBI.					
Year 8	Focus:	Food health and safety and basic food hygiene. Practical skills: combining, preparation of fillings, using the oven, rubbing-in, forming a dough, shaping and cutting, knife skills, preparation of ingredients (meat), use of the hob, cooking pasta, making a roux sauce, gratiné, use of electric whisks, forming a dough, fruit preparation and lining a tin. Recipe adaptation. Balance diets, food source, and heat transfer methods.					
	Assessment:	Dishes cooked are graded EM – MA for making and preparation and students are given a WWW and EBI, students self-asses dishes with a WWW and EBI.					
Year 7	Focus:	Food healthy and safety and basic food hygiene. Practical skills: Knife skills, fruit and vegetable preparation, using the grill, combining and mixing, using the oven, dividing evenly, rubbing-in, forming a dough, shaping and cutting, and presenting. Recipe adaptation. Balance diets, food source, seasonality.					
	Assessment:	Dishes cooked are graded EM – MA for making and preparation and students are given a WWW and EBI, students self-asses dishes with a WWW and EBI.					

SMSC (Spiritual, Moral, Social, Cultural) - Food teaches students key life skills. Students have to learn how to work together in a team and share the space and equipment. Ethics around food choice and moral decisions are discussed. Students can adapt all recipes to suit personal beliefs. Students have to show tolerance of others decisions.

Enrichment: cooking competitions..

CEIAG (Careers Education, Information, Advice, Guidance) - Develop communications skills while working as a team, the ability to read instructions and follow a logical order of work. Department has a careers board.

Enrichment - cooking competitions.

British Values (Tolerance of diff. Cultures & Religions, Mutual Respect, Individual Liberty, Rule of Law, Democracy) - Students have to learn how to work together in a team and share the space and equipment. Ethics around food choice and moral decisions are discussed. Students can adapt all recipes to suit personal beliefs. Students have to show tolerance of others decisions.

Students develop self-esteem and responsibility, students explore tolerance, mutual respect and individual liberty.

Food Preparation & Nutrition Curriculum Map KeyStage 4

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11	Focus:	Mock NEA: Making final dishes & Analysis and evaluate NEA 1: Research & Investigation	NEA 1: Analysis and evaluate. NEA 2: Research & demonstrating technical skills	NEA 2: Final menu plan, Making the final dishes & Analysis and evaluate	Food spoilage, Food Provenance	Food Provenance, Food choice & Sensory testing Revision: Nutrients, balanced diets,	Revision: health, cooking methods, changing properties & food spoilage, food safety, food choice, cuisines, processing and sensory analysis.
	Assessment:	Mock NEA: Final dishes & Analysis and evaluate NEA 1: Research & Investigation Students' understanding of the working characteristics, functional and chemical properties of ingredients.	NEA 1: Analysis and evaluate. Students' understanding of the working characteristics, functional and chemical properties of ingredients. NEA 2: Research & technical skills Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.	NEA 2: Final menu, Making the final dishes & Analysis and evaluate Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.	Mock exam questions	Mock exam questions	Mock exam questions
Year 10	Focus:	Theory: Healthy eating guidelines & Protein Practical: Balanced meal for a teen, roasted vegetable flan, butterfly chicken, HBV & LBV, fish pie.	Theory: Carbs, fat & Fat and water soluble vitamins. Practical: Pasta, ravioli, high in carbohydrates, pizza, cheese twists, pasties, onion tart, profiteroles & high in vitamin A, cottage pie.	Theory: Vitamins, minerals & trace elements, nutrition for age groups Practical: Burgers, High in iron, fajitas, Chelsea buns, cannelloni & two course meal for a child	Theory: Nutritional needs & health, cooking methods. Practical: Decorated cake, lasagne & a meal using dry heat & moisture cooking methods.	Theory: Changing properties Practical: Lemon meringue pie. Mock NEA 1: Research & Investigation	Mock NEA 1: Analysis and evaluate. NEA 2: Research & demonstrating technical skills, planning for the final menu
	Assessment:	End of unit exam on all theory topics. Practical: Meal for a teen, HBV & LBV meal	End of unit exam on all theory topics. Practical: High in carbohydrates, high in vitamin A.	End of unit exam on all theory topics. Practical: High in iron & two course meal for a child	End of unit exam on all theory topics. Practical: Decorated cake, dry heat & moisture.	End of unit exam on all theory topics. Mock NEA 1: Research & Investigation	Mock NEA 1: Analysis and evaluate. NEA 2: Research & technical skills, final menu plan

SMSC (Spiritual, Moral, Social, Cultural) - Food teaches students key life skills. Students have to learn how to work together in a team and share the space and equipment. Ethics around food choice and moral decisions are discussed. Students can adapt all recipes to suit personal beliefs. Students have to show tolerance of others decisions. GCSE topics cover environmental issues around food production and packing affects to the environment.

CEIAG (Careers Education, Information, Advice, Guidance) - Develop communications skills while working as a team, the ability to read instructions and follow a logical order of work. Department has a careers board.

Enrichment Food teaches students key life skills. Students have to learn how to work together in a team and share the space and equipment.

British Values (Tolerance of diff. Cultures & Religions, Mutual Respect, Individual Liberty, Rule of Law, Democracy), - Students have to learn how to work together in a team and share the space and equipment. Ethics around food choice and moral decisions are discussed. Students can adapt all recipes to suit personal beliefs. Students have to show tolerance of others decisions. Students develop self-esteem and responsibility, students explore tolerance, mutual respect and individual liberty. GCSE topics cover food choice including different religions, moral choices, ethical choices and allergies.