

Curriculum overview 2020-21 – Food Preparation & Nutrition

“Learn from your failures. Put your head down and work hard.
Never wait for things to happen, make them happen for yourself and don't give up!”
Gordon Ramsey



| Year | Intent | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|------|--|---|---|--|--|--|---|
| 7 | <p>All projects in Yr 7 will;</p> <ul style="list-style-type: none"> Teach the about health & safety, food safety, food hygiene and expectations in a food room. Develop knowledge/skills with a range cooking equipment and methods. Teach the principles of the Eatwell Plate and dietary needs. Teach where foods/nutrients come from and why they are important within our diet. | <p>Fruit Salad</p> <p>Welcome to Food</p> <p>Eatwell Guide</p> <p>Food Hygiene/ Safety</p> <p>Cooking Methods/ Equipment Skills</p> | <p>Vegetable Soup Apple Crumble Pizza Toast</p> <p>Heat Transfer</p> <p>Nutrition</p> <p>Starchy Carbohydrates</p> <p>Assessment</p> | <p>Fish/Spicy Bean Goujons</p> <p>Cost/Portion Size</p> <p>Evaluation</p> <p>Investigate/Evaluate the effects of cooking vegetables</p> | <p>Stir Fry</p> <p>Packed with Protein</p> <p>Energy/Nutrient Calculations</p> <p>Vegetarianism</p> <p>Assessment</p> | <p>Breakfast Muffins</p> <p>Sensory Evaluation</p> <p>Nutritional Analysis</p> <p>Food Choices and Planning</p> | <p>Student Devised Recipe</p> <p>Presentation</p> <p>Art of Food Styling</p> <p>Praise & Evaluate Learning Journey</p> <p>Assessment</p> |
| 8 | <p>All projects in Yr 8 will build on and develop knowledge from Yr7;</p> <ul style="list-style-type: none"> Teach knowledge and understanding of food, nutrition and food provenance. Develop food skills/techniques and the principles of food safety and hygiene. Teach knowledge of food science, costing, proportion and nutritional values. Develop time management skills. | <p>Savoury Rice Mini Carrot Cakes</p> <p>Diet & Health</p> <p>Protein</p> <p>Healthy Lifestyle</p> | <p>Frittata Fruit Scones</p> <p>Starchy Carbohydrates</p> <p>Protein</p> <p>Assessment</p> | <p>Mac & Cheese</p> <p>Cooking Methods/ Equipment Skills</p> <p>Nutritional Profiles/ Needs</p> <p>Calculate the cost of a dish</p> | <p>Chilli Rogan Josh</p> <p>Food Hygiene/ Safety</p> <p>Dietary Recommendations</p> <p>Assessment</p> | <p>Pizza Wheels</p> <p>Investigate Healthy Main Meals</p> <p>Investigate Food Waste</p> | <p>Fajita's</p> <p>Praise & Evaluate Learning Journey</p> <p>Modifying/Adapting Recipes</p> <p>Practical Assessment</p> |
| 9 | <p>All projects in Yr 9 will build on and develop knowledge from Yr7 & Yr8;</p> <ul style="list-style-type: none"> Teach knowledge, understanding and skills to create recipes/dishes for a wide range of people. Develop knowledge and understanding of food science. Develop the ability to produce costing tables and food labels, taking into account portions and nutritional values. Teach how to engage in an iterative process of planning and making. | <p>Risotto Pasta Fiorentina</p> <p>Dietary Needs/ Requirements of Children and Young People</p> <p>Relationship between physical activity and energy balance</p> <p>Types of Specific Foods</p> | <p>Cottage Pie Mac & Cheese</p> <p>Food Investigation</p> <p>Evaluation</p> <p>Micronutrients</p> <p>Dietary Needs/ Requirements</p> <p>Assessment</p> | <p>Spicy Samosas Savoury Tart</p> <p>Protein</p> <p>Food Certification /Assurance</p> <p>Ingredient Characteristics</p> | <p>Dutch Apple Cake Lasagne</p> <p>Science of Aeration</p> <p>Science of Gelatinisation</p> <p>Shortening/ Coagulation</p> <p>Cooking Methods</p> <p>Assessment</p> | <p>Student Devised Festival Food</p> <p>Create/Plan Festival Food</p> <p>Safety Requirements</p> | <p>Thai Green Curry</p> <p>Praise & Evaluate Learning Journey</p> <p>Specific Dietary Requirements</p> <p>Food Allergens/Consumer Information</p> <p>Practical Assessment</p> |

Curriculum overview 2020-21 – Food Preparation & Nutrition

“Learn from your failures. Put your head down and work hard.
Never wait for things to happen, make them happen for yourself and don't give up!”
Gordon Ramsey



| | | | | | | | | |
|----|---|--|---|--|--|--|--|--|
| 10 | <p>All projects in Yr 10/11 will build on and develop knowledge from Yr7,8,9;</p> <p>Food Preparation & Nutrition Exam 1hr 30mins 100 marks 50% GCSE</p> <p>Section A – Nutrition Section B – Food: food provenance and food choice Section C – Cooking and food preparation Section D – Skills requirements: preparation and cooking techniques</p> <p>Develop skill on answering questions for summer exam using Knowledge and Understanding taught through scheme of learning. (50% of course)</p> <p>NEA 150 Marks 50% GCSE</p> <p>Food Investigation Task [45 Marks – 15%] Food Preparation Task [105 Marks – 35%]</p> <p>Use Knowledge and Understanding delivered through scheme to deliver personal skill on individual NEA (50% of course)</p> | <p>Carbohydrates</p> <p><i>Cakes (Various Raising Agents) Choux Pastry Pasta</i></p> <p>Starchy Carbohydrates</p> <p>Functions of Ingredients</p> <p>Science of Raising Agents</p> <p>Wheat as a staple diet around the world</p> <p>Scientific Investigation of Yeast</p> <p>End of Unit Test</p> | | <p><i>Vegetable Soup Vegetable Fajita Vegetable Spring Rolls Fruit Strudel Roasted Vegetable Tart</i></p> <p>Fruit and Vegetables</p> <p>8 Tips for Healthy Eating</p> <p>Recommended Daily Allowance of Vitamins & Minerals</p> <p>Functions, Sources and Deficiencies of Vitamins & Minerals</p> <p>Sustainability and Seasonality</p> <p>Organic Farming</p> <p>Enzymic Browning</p> <p>End of Unit Test</p> | <p><i>Soda Bread Scones & Jam Bakewell Tart Steamed Pudding & Custard</i></p> <p>Factors Affecting Food Choice</p> <p>Consumer Information, Food Labelling & Marketing</p> <p>Ethical & Moral Beliefs</p> <p>Cultural Factors</p> <p>End of Unit Test</p> | <p><i>Cornish Pasties Fish Cakes Spinach & Ricotta Ravioli Cheese Souffle</i></p> <p>Importance of a Healthy Diet</p> <p>Diet Related Diseases</p> <p>Altering/Substituting Ingredients</p> <p>Basal Metabolic Rate (BMR)</p> <p>Energy Requirements</p> <p>Types & Structure of Fats/Oils</p> <p>Fat Sources</p> <p>Primary Process: Heat Treatment of Milk</p> <p>How Milk is Processed</p> <p>End of Unit Test</p> | <p><i>Tempura Prawns Fish Pie Thai Fish Cakes and Chilli Sauce Crème Brule Lemon Posset and Biscuits Chelsea Buns</i></p> <p>Recommended Daily Amounts</p> <p>High/Low Biological Value (HBV/LBV)</p> <p>Diet Related Diseases</p> <p>Functions & Deficiency</p> <p>Advantages/Disadvantages of Locally Produced and Seasonal Food</p> <p>Classification of Meat, Poultry & Game</p> <p>Farming Methods</p> <p>Sustainability</p> <p>End of Unit Test</p> | <p>Stand Alone Topics</p> <p><i>Student's Decision</i></p> <p>Technological Developments</p> <p>Conditions & Control for Bacterial Growth</p> <p>Food Security</p> <p>Carbon Footprint</p> <p>Genetically Modified Food</p> <p>Microorganisms used in Food Production</p> <p>Practice NEA 1</p> <p>End of Unit Test</p> |
| | | 11 | <p>Student led cooking in preparation for NEA 2</p> <p>Scientific Investigations</p> <p>Preparation for the Non-Examined Assessment 1</p> <p>End of Unit Test</p> | | | | <p>Practise Skills</p> <p>Time Plans</p> <p>Presentation</p> <p>Theory Input</p> <p>End of Unit Test</p> | <p>Preparation for the Non-Examined Assessment 2</p> <p>NEA 2</p> <p>End of Unit Test</p> |