

Curriculum Overview for Food Preparation and Nutrition KS3

The table below details the skills and knowledge students will be covering each half term in Year 7 in this subject area.

| | HT1 | HT2 | HT3 | HT4 | HT5 | HT6 |
|--|---|--|--|--|--|---|
| Knowledge and skills covered this year | Food Safety Equipment Starchy Carbs Eatwell Guide <u>HT1 Practical Lessons:</u> Fruit Salad – Bridge/claw/washing up Pasta Salad – Use of hob | Sugary Carbs Handwashing Ethical Diets Micro/Macro Nutrients <u>HT2 Practical Lessons:</u> Flapjack – Melting method | Protein Key Temps <u>HT3 Practical Lessons:</u> Fruit Crumble – Rubbing-in method Fajitas – handling raw meat | Recipe Costing Fats <u>HT4 Practical Lessons:</u> Cheesecake – layering/decoration | Pastry Functions of Ing <u>HT5 Practical Lessons:</u> Sausage rolls – filling/glazing/sealing/ portion control | Heat Exchange Seasonality <u>HT6 Practical Lessons:</u> Small Cakes – Creaming method/portion control Pizza Whirls – shaping/rubbing in |

The table below details the skills and knowledge students will be covering each half term in Year 8 in this subject area.

| | HT1 | HT2 | HT3 | HT4 | HT5 | HT6 |
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| Knowledge and skills which will be covered this year | Food Safety Recap Micro/Macro Nutrients Methods of Cooking <u>HT1 Practical Lessons:</u> | Fats & Oils Digestion <u>HT2 Practical Lessons:</u> Jam Tarts - rubbing-in method/cutting/filling | HACCP <u>HT3 Practical Lessons:</u> Food Science - Sugar in cakes Rough Puff – Chicken Parmigiana – | Functions of Eggs <u>HT4 Practical Lessons:</u> Lemon Meringue Cookies – Aeration/whisking/layering/piping | Allergies & Intolerances Food Choices <u>HT5 Practical Lessons:</u> Chicken Goujons – Enrobing | Specification Flow chart <u>HT6 Practical Lessons:</u> Samosas – Folding/filling Own Choice x 1 – Recipe |

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| | Breakfast Muffin – All in one method Calzone – Kneading/gluten formation/ filling/sealing/glaz ing | | butterflying/ battering | | | selection/time management/org anisation |
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The table below details the skills and knowledge students will be covering each half term in Year 9 in this subject area.

| | HT1 | HT2 | HT3 | HT4 | HT5 | HT6 |
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| Knowledge and skills which will be covered this year | Medical Diets Allergies & Intolerances <u>HT1 Practical Lessons:</u> High Fibre Pizza - dough/rolling/sha ping | Fish & sustainability <u>HT2 Practical Lessons:</u> Rice Dish - planning/organisa tion/time mgt Rough Puff – Laminating/rolling /resting Salmon & Pesto Pinwheels – Rolling/filling/ sealing | Ethical Diets Religious diets <u>HT3 Practical Lessons:</u> Veggie Burgers - mixing/shaping/fr ying | Sensory Analysis Food Poverty <u>HT4 Practical Lessons:</u> Food Science - Fats in shortbread | Nutrition Through Life <u>HT5 Practical Lessons:</u> Tinned Food dish - planning/organisa tion/time mgt Banana Cookies- shaping/mixing/p ortion control | World Food <u>HT6 Practical Lessons:</u> Pasta - dough/laminating/ rolling/shaping/dr ying Own Choice - planning/organisa tion/time mgt |

Curriculum Overview for Food Preparation and Nutrition KS4

The table below details the skills and knowledge students will be covering each half term in Year 10 in this subject area.

| | HT1 | HT2 | HT3 | HT4 | HT5 | HT6 |
|--|--|--|---|---|---|--|
| <p>Eduqas C560P1</p> <p>Knowledge and skills which will be covered this year</p> | <p>Principles of Nutrition Cereals Fruit & Vegetables Meat, Fish & Eggs Alternative Proteins Dairy End of Unit tests</p> <p><u>HT1 Practical Lessons:</u> High B5 Dish Savoury Fruit Dish Meat Dish Swiss Roll</p> | <p>Fats & Oils Sugar & Sweeteners</p> <p><u>NEA #1 – Food Science Mock</u></p> <p>Investigation Planning Research Investigation Analysis Evaluation</p> <p><u>HT2 Practical Lessons</u> Investigations x 2 Scones & Butter Maids of Honour Presentation Task</p> | <p>Food Spoilage Diet & Good Health Food Provenance & Food Waste Science of Cooking Cultures & Cuisines Sensory Science Technological Developments Factors Affecting Choice End of Unit tests</p> <p><u>HT3 Practical Lessons:</u> High Risk Ingredients Dish Left Overs Dish Prebiotic Dish Profiteroles</p> | <p>Mocks?</p> <p><u>NEA #2 – Food Preparation Mock</u></p> <p>Planning Research Trials Analysis Final Choices Final planning Time plan Final Dishes Evaluation Analysis Conclusion</p> <p><u>HT4 Practical Lessons</u> Trial Dish x 3 – Planning/recipe development/organisation/collaboration Final Dish x 3 - Planning/recipe development/organ</p> | <p><u>NEA #1 – Food Science Investigation</u></p> <p>Planning Research Investigation Analysis Evaluation</p> <p><u>HT5 Practical Lessons</u> Investigations x 2</p> | <p>Mocks</p> <p><u>NEA #2 – Food Preparation Assessment</u></p> <p>Planning Research Trials Analysis Final Choices Final planning Time plan Final Dishes Evaluation Analysis Conclusion</p> <p><u>HT6 Practical Lessons</u> Trial Dish x 3 – Planning/recipe development/organisation/collaboration Final Dish x 3 - Planning/recipe</p> |

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| | | | | nisation/collaboration | | development/organisation/collaboration |
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The table below details the skills and knowledge students will be covering each half term in Year 11 in this subject area.

| | HT1 | HT2 | HT3 | HT4 | HT5 | |
|--|--|---|--|---|---------------------------------|--|
| Eduqas C560P1 | <u>NEA #1 – Food Science Investigation (Mock)</u> | <u>NEA #1 – Food Science Investigation (Actual)</u> | <u>Skills Unit</u> Time planning Practical development | <u>NEA #2 – Food Preparation Assessment (Actual)</u> | Revision & Exam Prep | |
| Knowledge and skills which will be covered this year | Planning Research Investigation Analysis Evaluation <u>NEA #1 – Food Science Investigation (Actual)</u> Planning Research Investigation <u>HT1 Practical Lessons:</u> Food Science | Analysis Evaluation Skill Development Preparation for NEA 2 MOCK PREP AND EXAMS <u>HT2 Practical Lessons</u> Various to themes for skill development | <u>NEA #2 – Food Preparation Assessment (Actual)</u> Planning Research Trials Analysis <u>HT3 Practical Lessons:</u> Choux pastry – dough/piping/steam Pasta – dough/laminating/rolling/shaping Trial Dish x 2 – | Final Choices Final planning Time plan Final Dishes Evaluation Analysis Conclusion <u>HT4 Practical Lessons</u> Final Dish x 3 - Planning/recipe development/organisation/presentation MOCK PREP AND EXAMS | | |

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| | Investigations x 2 – testing/recording/ measuring Food Science Investigations x 2 – testing/recording/ measuring | | Planning/recipe development/orga nisation/collabora tion | | | |
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