

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
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

	Breakfast Muffin – All in one method Calzone – Kneading/gluten formation/ filling/sealing/glaz ing		butterflying/ battering			selection/time management/org anisation
--	--	--	----------------------------	--	--	---

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
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/organisation/collaboration</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 development/organisation/collaboration</p>

				nisation/collabora tion		development/orga nisation/collabora tion
--	--	--	--	----------------------------	--	--

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	Analysis Evaluation	<u>NEA #2 – Food Preparation Assessment (Actual)</u>	Final Choices Final planning Time plan Final Dishes Evaluation Analysis Conclusion		
	<u>NEA #1 – Food Science Investigation (Actual)</u>	Skill Development Preparation for NEA 2	Planning Research Trials Analysis	<u>HT4 Practical Lessons</u>		
	Planning Research Investigation	MOCK PREP AND EXAMS	<u>HT3 Practical Lessons:</u> Choux pastry – dough/piping/stea m Pasta – dough/laminating/ rolling/shaping	Final Dish x 3 - Planning/recipe development/orga nisation/presentat ion		
	<u>HT1 Practical Lessons:</u>	<u>HT2 Practical Lessons</u> Various to themes for skill development		MOCK PREP AND EXAMS		
	Food Science		Trial Dish x 2 –			

	<p>Investigations x 2 – testing/recording/ measuring</p> <p>Food Science Investigations x 2 – testing/recording/ measuring</p>		<p>Planning/recipe development/orga nisation/collabora tion</p>			
--	--	--	---	--	--	--