

Food Preparation and Nutrition Curriculum intentions 2024 – 2025

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Yr7 Group swap after HT3	"The Basics" Theoretical Focus – Basic Food Hygiene/Health and Safety in the kitchen Cooking processes: Knife skills, eggs, oven and hob functionality Practical Focus: Fruit salad/ Vegetable kebabs/ Omelette	"World Of Savoury" Theoretical Focus – Health and safety in the kitchen, Kitchen equipment Cooking processes: Raising agents, rubbing-in Grilling, baking Practical Focus: soup, pizza. cheese muffins	"Bake on a budget" Theoretical Focus – Health and safety in the kitchen. Kitchen equipment. Bread – leavened and unleavened, history of, cultural significance of Cooking processes: Bread – doughs and kneading. Gluten. Pastry, creaming Practical Focus: Small cakes, Cheese and onion rolls, flatbreads	"The Basics" Theoretical Focus – Basic Food Hygiene/Health and Safety in the kitchen Cooking processes: Knife skills, eggs, oven and hob functionality Practical Focus: Fruit salad/ Vegetable kebabs/ Omelette	"World Of Savoury" Theoretical Focus – Health and safety in the kitchen, Kitchen equipment Cooking processes: Raising agents, rubbing-in Grilling, baking Practical Focus: soup, pizza. cheese muffins	"Bake on a budget" Theoretical Focus – Health and safety in the kitchen. Kitchen equipment. Bread – leavened and unleavened, history of, cultural significance of Cooking processes: Bread – doughs and kneading. Gluten. Pastry, creaming Practical Focus: Small cakes, Cheese and onion rolls, flatbreads
	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons
	Summative Assess: Knife skills and food hygiene basics – making Omelettes	Summative Assess: Raising agents and baking processes – making Cheese Scones	Summative Assess: -N/A	Summative Assess: Knife skills and food hygiene basics – making Omelettes	Summative Assess: Raising agents and baking processes – making Cheese Scones	Summative Assess: -N/A
Yr8 Group swap after HT3	"Street Food 1" Theoretical Focus – Food hygiene, safety in the kitchen, Hands-Hair-Heat. Knife skills. Hob and oven skills, using spice, using eggs, using pastry Practical Focus: Enchiladas, Tunisian Brik (Pastry focus), Breakfast bars (hob skills)	"Street Food 2" Theoretical Focus – Raising agents – revisited, effective use of kitchen implements, oven skills Cooking processes – Raising skills, raising skills, fatless cakes. Unleavened breads, kneading Practical Focus: chicken kebabs, sausage rolls, wrap samosas	"Cost of Living" Theoretical Focus – Budgeting – the importance of budgeting and working out cost per portion Practical Focus: small cakes, Anzac Biscuits, budget cottage pie	"Street Food 1" Theoretical Focus – Food hygiene, safety in the kitchen, Hands-Hair-Heat. Knife skills. Hob and oven skills, using spice, using eggs, using pastry Practical Focus: Enchiladas, Tunisian Brik (Pastry focus), Breakfast bars (hob skills)	"Street Food 2" Theoretical Focus – Raising agents – revisited, effective use of kitchen implements, oven skills Cooking processes – Raising skills, raising skills, fatless cakes. Unleavened breads, kneading Practical Focus: chicken kebabs, sausage rolls, wrap samosas	"Cost of Living" Theoretical Focus – Budgeting – the importance of budgeting and working out cost per portion Practical Focus: small cakes, budget birthday cake, budget cottage pie

	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons
	Summative Assess: Hob skills, using spices and baking processes – making shortbread with spiced chocolate dip	Summative Assess: Raising agents and bread processes – making soda bread	Summative Assess: -N/A	Summative Assess: Hob skills, using spices and baking processes – making shortbread with spiced chocolate dip	Summative Assess: Raising agents and bread processes – making soda bread	Summative Assess: -N/A
Yr9	Theoretical Focus - Food hygiene, safety in the kitchen, STOTI. Knife skills. Hob and oven skills. Budgeting. Using spices. Cooking with chicken Cooking processes – preparation and handling of chicken, roux sauces Practical Focus – Chilli con carne or Quorn chilli on a budget, savoury rice on a budget, chicken curry on a budget, mac and cheese on a budget	“Pasta and Rice” Theoretical Focus – Carbohydrate – function and variety. Properties of carbohydrates and how pasta is produced Practical Focus: Louisiana Dirty Rice, Tagliatelle Bolognese, Risotto	“Cost of Living” Theoretical Focus – skills for life. Basic recipes. Eating cheaply/on a budget while covering all nutritional requirements Practical Focus: Pasta sauce – Arrabiatta or Marinara, Soup – cream of tomato and basil, budget cottage pie	“Raising Agents” Theoretical focus – chemical, biological and mechanical raising agents. How ingredients react with each other and how different outcomes are achieved through use of different ingredient combinations. Practical Focus – Food experimentation with raising agents. Eggs – Yorkshire puddings, sodium bicarbonate – scones, mechanical action – whisked sponge	“Protein and Carbohydrate” Theoretical focus – the formation and development of gluten. Gluten’s relationship with both protein and carbohydrate. Gluten allergies and alternatives. Practical focus – Gluten formation – cake, Gluten development – soda bread, using gluten and starch to make sauces - risotto	“Umami” Theoretical focus – the five flavour profiles – sweet, salty, bitter, sour and umami Practical focus - Using umami in condiments – soy sauce marinade. Umami from caramelisation – steak. Cheese and mushrooms – umami powerhouses!

	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments- Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons	Formative Assessments -Questioning, key vocabulary and application of theory during practical lessons
	Summative Assess: Knife skills and food hygiene basics cooking on a budget – making Mac and Cheese	Summative Assess: Baking processes and spicing	Summative Assess: -N/A	Summative Assessment – key vocabulary and raising processes	Summative Assessment – Carbohydrate and Protein	Summative Assessment – savoury flavour profiles
Yr10	<p>Topics Covered Basic skill development Practicals to support learning Functional properties of food Macronutrients 1: Protein – chicken and steak, fish cakes Carbohydrates – fish cakes, risotto Fats – demo only Skills/AOs/interleaved content Gelatinisation – Roux sauces Caramelisation – caramel, steak Dextrinisation - toast Plasticity – fats demo only Protein denaturation – cheesemaking demo only Gluten development - bread Shortening – caramel shortbread Emulsification – mayonnaise demo only</p> <p>Assessment Summative Assessment – Carbohydrates and Proteins</p>	<p>Topics Covered Macro-nutrients 2: Fruit and Vegetables vegetable curry (tarka dahl/saag aloo?), fruit smoothies Dairy – vanilla panna cotta Recall/Recap - Protein Coagulation – eggs – whites in meringues</p> <p>Micronutrients: Fat soluble vitamins Water soluble vitamins Minerals and antioxidants</p> <p>Portion size Diet related disease Water hydration Nutritional analysis Skills/AOs/interleaved content Identifying key ingredients to be used for different dietary requirements Gluten free recipe for coeliacs Egg free for vegans/egg allergies – egg free meringues</p> <p>Understand how nutrients impact health and wellbeing Green health shake</p>	<p>Topics Covered Raising agents Baking Using different fats and oils for different outcomes Shortening Making flavour choices</p> <p>Skills/AOs/interleaved Content NEA1 – Food investigation trial project Forming a hypothesis Experimenting Recording results Evaluating findings Writing up findings</p>	<p>Topics Covered Environmental issues and food sustainability Seasonal foods Fish farming Transportation Food waste Packaging Farming techniques Food labelling</p> <p>Skills/AOs/interleaved content Using knowledge of food provenance to adapt and create different dishes</p> <p>Understand the impact on environment</p> <p>Overlap of food choice and food provenance</p> <p>Functional properties</p> <p>Assessment Summary assessment</p>	<p>Topics Covered Factors influencing food choice – Budgeting/low costing dishes – cook under £1 challenge limited time – cook in under 30 minutes challenge Religion and culture - alternatives Ethical and moral beliefs Vegetarian, vegan, animal welfare – tofu dish Fairtrade local produce – “Only from the North” challenge organic GM Medical conditions British cuisine Chicken tikka masala</p> <p>Functional properties of food</p> <p>Skills/AOs/interleaved Content Developing adapting dishes for a variety of individuals Impact of food choice Functional properties Sensory analysis</p> <p>Assessment Summative – Factors affecting choices plus Food Science</p>	<p>Topics Covered What makes a high skills dish? NEA 2 practice exam Applying knowledge of food science, provenance, choice and nutrition to variety of situations Nutritional analysis and Costing Revision</p> <p>Skills/AOs/interleaved Content Applying knowledge to pick appropriate dishes and be able to analyse aspects which are appropriate for different groups Practice NEA 2 skills</p> <p>Assessment Begin GCSE Controlled Assessment Analysis of Task Product Research</p> <p>Trial exam</p>

		Portion size and decorations - using fruit to decorate meringue (pavlova) Nutritional and Sensory analysis <u>Assessment</u> Summative Assessment – Food Science				
Yr11	GCSE Controlled Assessment NEA1 Food Investigation released 1/9/24	GCSE Controlled Assessment NEA1 Completion NEA2 Practical Assessment released 1/11/24	GCSE Controlled Assessment Practical Assessments	GCSE Controlled Assessment Evaluation	Revision	Revision

Year 11 Basic Outline: Food preparation and Nutrition **This is subject to change depending upon coverage in Y10**

Topics Covered

Skills/AOs/interleaved content

Assessment (date and nature of assessment)

Autumn 1: Revisiting key skills NEA 1 = 10 Hours Functional properties of ingredients Experiments C/W Trial exam

Autumn 2: NEA 2: 20 hours Food Choice/ Nutrition/ Preparation C/W Trial exam

Spring -Summer: Revision Food Provenance Functional properties Food and Nutrition Food Choice Food Hygiene In class assessments