

Food Preparation and Nutrition					
<p><b>Key Stage 2 Curriculum includes</b></p> <ul style="list-style-type: none"> <li>- understand and apply the principles of a healthy and varied diet</li> <li>- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques</li> <li>- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</li> </ul>					
Term	Yr7	Yr8	Yr9	Yr10	Yr11
Autumn 1	<ul style="list-style-type: none"> <li>-Introduction and Health and safety</li> <li>-Pizza toast demonstration and practical</li> <li>-Eatwell Guide and design a healthy meal</li> <li>-Knife skills</li> <li>-Veg stir fry demonstration and practical</li> <li>-Safe storage of food</li> <li>-Understand how to use a cooker, weigh and measure</li> <li>-Pasta salad demonstration, designing and practical</li> <li>-The nutrients and leaflet design</li> <li>- Sausage Pasta practical</li> <li>-Sensory Analysis</li> <li>- Understand where food comes from (food assurance)</li> <li>- Goujon demonstration and practical</li> </ul>	<ul style="list-style-type: none"> <li>- Understand what happens when food is cooked / why do we cook food?</li> <li>- Understanding bread - ingredients, functions and food science</li> <li>- Bread practical</li> <li>- Designing a new bread product using knowledge of functions of ingredients</li> <li>- Bread product practical</li> <li>- Understanding of different types of sauces and gelatinisation - ingredients, functions and food science</li> <li>- Macaroni cheese / pasta bake practical</li> <li>- Understanding of different types of pastry and shortening method - ingredients, functions, food science</li> <li>- Practical jam tarts</li> <li>- Understanding of different types of raising agents and how they work - investigations</li> <li>- Understanding of the functions of ingredients and food science involved in making scones</li> <li>- Scone practical</li> <li>- Understand heat transfer methods</li> <li>- Practical Chicken tikka masala</li> <li>-Understanding food labelling</li> </ul>	<p><b>Technical knowledge -</b></p> <ul style="list-style-type: none"> <li>- Food safety</li> <li>- Understand the basic principles of food safety, in particular personal hygiene</li> <li>- Nutritional needs and health - Understand and explain the principles of a varied diet e.g. Knowing and understanding The Eatwell Guide; knowing what is meant by a healthy, balanced diet; how to choose an interesting and varied diet</li> <li>- Nutrients</li> <li>- Understand and explain the principles of a health e.g. knowing and understanding the main nutrients - protein</li> </ul> <p><b>Food Preparation Skills -</b></p> <ul style="list-style-type: none"> <li>- General practical skills</li> <li>- Knife skills</li> <li>- Preparing fruit &amp; vegetables</li> <li>- Use of the cooker</li> <li>- Cooking methods</li> <li>- Sauce making</li> <li>- Dough</li> </ul> <p>Products made could include: Chilli con carne; Vegetarian pasties; Cheesecake; Bread; Puff pastry cheese straws</p>	<p><b>Technical Knowledge (food science)</b></p> <p>Heat transfer</p> <p>Cooking methods</p> <p>Protein denaturation</p> <p>Coagulation</p> <p>Tenderise and marinade</p> <p>Gluten formation</p> <p><b>Food Preparation Skills</b></p> <ul style="list-style-type: none"> <li>- General practical skills</li> <li>- Knife skills</li> <li>- Preparing fruit &amp; vegetables</li> <li>- Use of the cooker</li> <li>- Use of equipment</li> <li>- Cooking methods</li> <li>- Sauce making</li> <li>- Tenderise &amp; marinate</li> <li>- Dough</li> <li>- Raising agents</li> </ul> <p>Products made could include: Pasta bake; Lemon flan; Marinated chicken and dip; Bread</p>	<p><b>Non Examined Assessment 1-</b></p> <p>Section A - (6 Marks)</p> <p>Section B - (15 Marks)</p> <p><b>Practical Skills -</b></p> <p>- Section B Investigation 1, 2, 3, 4</p> <p><b>Technical knowledge-</b></p> <p>Revision of areas identified in PPE's</p>
Autumn 2			<p><b>Technical knowledge -</b></p> <ul style="list-style-type: none"> <li>- Nutrients - Understand and explain the principles of a health e.g. knowing and understanding the main nutrients - fats and carbohydrates</li> <li>- Understand and explain the principles of a health e.g. understand how to modify a range of dishes that promote current healthy eating messages.</li> <li>- Factors affecting food choice - Understand factors which may influence food choice</li> </ul> <p><b>Food Preparation Skills -</b></p> <ul style="list-style-type: none"> <li>- General practical skills</li> <li>- Knife skills</li> <li>- Preparing fruit &amp; vegetables</li> <li>- Use of the cooker</li> <li>- Use of equipment</li> <li>- Cooking methods</li> <li>- Sauce making</li> </ul> <p>Products made could include: Pasta bake; Fruit crumble; Cottage/shepherds pie; Knife skills vegetables; Victoria sandwich</p>	<p><b>Technical knowledge (food science)</b></p> <p>Yeast experiments</p> <p>Foam formation</p> <p>Gelatinisation</p> <p>Viscosity of sauces</p> <p><b>Food Preparation Skills</b></p> <ul style="list-style-type: none"> <li>- General practical skills</li> <li>- Knife skills</li> <li>- Preparing fruit &amp; vegetables</li> <li>- Use of the cooker</li> <li>- Use of equipment</li> <li>- Cooking methods</li> <li>- Prepare, combine and shape</li> <li>- Sauce making</li> <li>- Dough</li> <li>- Raising agents</li> <li>- Setting mixture</li> </ul> <p>Products made could include: Sausage plaits/puff pastry; chilli con carne; Meringue; Lasagne</p>	<p><b>Non Examined Assessment 1-</b></p> <p>-Section C - Analysis and evaluation (9 Marks)</p> <p><b>Non Examined Assessment 2-</b></p> <p>Section A (6 Marks)</p> <p><b>Technical knowledge-</b></p> <p>Revision of areas identified in PPE's</p>

Spring 1			<p><b>Technical Knowledge</b> Nutritional needs and health - Understand and explain the principles of a varied diet e.g. Knowing and understanding The Eatwell Guide; knowing what is meant by a healthy, balanced diet; how to choose an interesting and varied diet; Factors affecting food choice - Understand factors which may influence food choice e.g. how to adapt and use recipes to meet a range of dietary needs and life stages; Test and evaluate final product - is it fit for purpose?; Suggest improvements.; Use peer assessment to improve the product</p> <p><b>Food Preparation Skills -</b> - General practical skills - Knife skills - Preparation of fruit &amp; vegetables - Use of cooker - Use of equipment - Cooking methods - Prepare, combine &amp; shape - Sauce making - Tenderise &amp; marinate - Dough Products made could include: Burger, Chicken butchery, Chicken curry, Marinated chicken and rice salad, Fish cakes; Apple pie and custard; Own choice practical - suitable for a design brief</p>	<p><b>Technical knowledge (Food Science)</b> Caramelisation Dextrinisation Plasticity Aeration Emulsification Raising agents</p> <p><b>Food Preparation Skills</b> General practical skills Knife skills Use of the cooker Use of equipment Cooking methods Sauce making Raising agents Setting mixtures Products made could: Millionaires shortbread; Marble cake and ganache; Mayonnaise</p>	<p><b>Non Examined Assessment 2-</b> Section B (18 Marks) Section C (8 Marks)</p> <p><b>Practical Skills -</b> Section B - Trials 1, 2, 3, 4</p> <p><b>Technical knowledge-</b> Revision of areas identified in PPE's</p>
			<p><b>Technical Knowledge –</b> Food safety – Understand the principles of food safety e.g. preventing cross-contamination, chilling, cooking food thoroughly &amp; reheating food until it is piping hot. Food spoilage and contamination – enzymes and enzymatic browning and moulds on foods; Bacterial contamination – food poisoning (symptoms, types of), how to bacteria grow and multiply? Key temperatures, how does food become contaminated?</p> <p><b>Food Preparation skills -</b> - General Practical Skills - Knife skills - Preparing fruit &amp; vegetables - Use of the cooker - Use of equipment - Cooking methods - Sauce making - Dough Products made could include: Apple pie and custard; Chicken burritos/enchiladas; Lemon meringue pie; Planning own products to meet a brief, making use of a range of previously learnt key skills</p>	<p><b>Technical knowledge-</b> Mini NEA 1 investigations - including research; investigation planning; investigations and evaluation</p> <p><b>Practical Skills</b> Products made could include: swiss roll; butter and scone; choux pastry (profiteroles/eclairs)</p>	<p><b>Non Examined Assessment 2-</b> Section D (30 Marks) Section E (8 Marks) <b>Practical Skills -</b> Section D - 3 Hour Exam</p> <p><b>Technical knowledge-</b> Revision of areas identified in PPE's</p>
Spring 2					

Summer 1

<p><b>Technical knowledge</b> Food provenance – Understand the environmental; impact and sustainability of food e.g. Understand the source, seasonality and characteristics of a broad range of ingredients; - seasonality - sustainability - organic - food miles - fair trade - free range - lion mark - primary processing of food - secondary processing of food NEA style task - European cuisine - research - product selection/identification - planning</p> <p><b>Food Preparation Skills</b> - General Practical Skills - Knife skills - Preparing fruit &amp; vegetables - Use of the cooker - Use of equipment - Cooking methods - Sauce making - Dough Products made could include: Fresh pasta and bolognese; scones, homemade jam, butter making; other high end products of own choosing</p>	<p><b>Mock Non Examined Assessment 2-</b> Research (6 marks) Technical skills practical (15 marks) Evaluation of technical skills</p> <p><b>Practical Skills -</b> Own choice practical using the 12 key skills, linked to the tasks set</p>	
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<b>Summer2</b>			<p><b>Technical knowledge</b></p> <ul style="list-style-type: none"><li>- Sensory qualities of food</li><li>- Sensory analysis/evaluation</li><li>- Product analysis</li></ul> <p>NEA style task - International cuisine</p> <ul style="list-style-type: none"><li>- To evaluate in detail – understanding how to identify areas of success and improvement;</li><li>- To know how to identify how to develop original ideas into new products;</li><li>- To allow students to demonstrate a range of practical skills.</li><li>- To show quality of product and demonstrate presentation skills.</li></ul> <p><b>Food Preparation Skills</b></p> <ul style="list-style-type: none"><li>- General practical skills</li><li>- Knife skills</li><li>- Preparing fruit &amp; vegetables</li><li>- User of the cooker</li><li>- Use of equipment</li><li>- Cooking methods</li><li>- Prepare, combine &amp; shape</li><li>- Sauce making</li><li>- Tenderise &amp; marinate</li><li>- Dough</li><li>- Raising agents</li><li>- Setting mixtures</li></ul>	<p><b>Mock Non Examined Assessment 2-</b></p> <p>Technical skills practical (15 marks) Evaluation of technical skills Planning for the menu (8 marks) Evaluation (8 marks)</p> <p><b>Practical Skills -</b></p> <p>Own choice practical using the 12 key skills, linked to the tasks set</p>	
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