Curriculum Overview - Food & Nutrition - KS3 - Year 7

Year 7	1 Termly Rotation
Big Ideas and Knowledge Overview of topics or key questions	Core knowledge and skills: focus on developing student confidence and independence in the kitchen. Students will learn a variety of knife skills, and how to use a wide range of equipment, in order to prepare a range of predominantly savoury dishes. Students will explore the food groups and basic nutrition principles in order to encourage a healthy lifestyle.
Skills and Strategies Procedural knowledge, literacy and numeracy skills	**Health and safety** · Applying personal hygiene · Applying kitchen hygiene and safety · Safe handling of knives · Using the hob and oven safely **Preparation** · Weighing dry ingredients with accuracy · Measuring liquid with accuracy · Slicing and dicing · Coloured chopping boards **Cooking** · Blending · Rolling and cutting dough · Rubbing in · Wrapping and rolling **Nutrition** · Understanding the value of the Eatwell Guide and having a balanced diet · The functions of main nutrients **Food science** · Know and understand the process of pasteurisation · Shortening · Air as a raising agent **Food choice and culture** · Air as a raising agent · Seasonality of ingredients · Festivals and celebration (varies according to rotation) · Dairy intolerance and alternatives · Reducing food waste
Feedback Noteworthy tasks and assessments	· Spelling test · Oracy presentation · End of unit test
Key Vocabulary Important words and phrases	· Food groups, carbohydrates, protein, dairy, pasteurisation, intolerance, Eatwell Guide, nutrients, fibre, seasonality, the rubbing in method, simmer, bridge hold, claw grip, julienne, carbohydrate.

Curriculum Overview - Food & Nutrition - KS3 - Year 8

Year 8	1 Termly Rotation
Big Ideas and Knowledge Overview of topics or key questions	**Fakeaways:** developing independence with key cookery skills and equipment. Students learn how to adapt recipes so that they meet the principles of a healthy, balanced diet. Students explore factors affecting food choice such as religious, cultural, ethical and other dietary restrictions as well as being introduced to cuisine from around the world.
Skills and Strategies Procedural knowledge, literacy and numeracy skills	**Health and safety** · Using a food probe · Cooking meat to a core temperature of 75°C · Using the hob, oven and grill safely **Preparation** · Peeling · Fine dicing · Butterflying chicken · Flavouring with herbs and spices · Quality control **Cooking** · Baking (chicken goujons) · Grilling (peri peri chicken) · Wrapping, rolling and cutting · Rolling and shaping dough · Safe and effective use of the grill · Boiling and simmering **Nutrition** · Macronutrients and their role in the body · Adapting recipes to increase nutritional benefits (fakeaway) · Non-meat proteins **Food science** · Marination · Enrobing - use of egg as an adhesive and binding agent · Yeast as a raising agent · **Food Choice and Culture** · Dietary needs (vegetarianism, veganism, halal) · Multicultural cuisine · Street food · The importance of Fairtrade · Animal welfare and ethical food production · Food provenance
Feedback Noteworthy tasks and assessments	· Spelling test · Rate my sushi · Oracy presentation · End of unit test
Key Vocabulary Important words and phrases	· Dough, kneading, yeast, gluten, fermentation, sushi, maki, makisu, vegetarian, vegan, Fairtrade, halal, kosher, non-meat protein, simmer, burritos, cuisine, marination, marinating, seasoning, tenderise, macronutrient, micronutrient, enrobing.

Curriculum Overview - Food & Nutrition - KS3 - Year 9

Year 9	1 Termly Rotation
Big Ideas and Knowledge Overview of topics or key questions	**Enhancing skills:** students will learn the function and correct application of raising agents (chemical, biological and mechanical), including the conditions for fermentation. Focus is given to the development of high-level skills such as pasta and meringue making. Students will explore how presentation and appropriate garnish can enhance the visual impact of food.
Skills and Strategies Procedural knowledge, literacy and numeracy skills	**Health and safety** · Using an electric whisk safely · Using a pasta machine safely · Handling raw meat **Preparation** · Folding and layering puff pastry · Rolling and cutting fresh pasta using a pasta machine · Piping meringue · Whisking to generate buttermilk · Flavouring with fresh produce · Rolling and shaping dough **Cooking** · Baking and drying out meringue · Boiling and reducing fruit to create a coulis · Creating a fruit spatter for plate presentation · Use of appropriate garnish to enhance the appearance of food **Nutrition** · · Fibre content of foods · Benefits of a high fibre diet **Food science** · Chemical raising agents · Steam and air as raising agents · Biological raising agents and the conditions required for fermentation · Creating a stable foam · The role of gluten in pasta and bread dough **Food Choice and Culture** · Food costing (restaurant vs homemade) · History and context of foods · French cuisine and patisserie
Feedback Noteworthy tasks and assessments	· Spelling test · Oracy presentation · End of unit test
Key Vocabulary Important words and phrases	· Biological, chemical, mechanical, raising agents, aeration, temperature, bicarbonate of soda, reaction, fermentation, soluble fibre, insoluble fibre, presentation

Curriculum Overview - Food Preparation and Nutrition - KS4

Key Stage 4	
Course Structure How the curriculum is delivered	Curriculum is delivered through a combination of practical and theory lessons. Each practical lesson embeds the theory required for their end of course exam.
Qualification Exam Board, aim and objectives	**AQA.** An exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food. This qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition and its importance to a healthy lifestyle. Food preparation skills are integrated into five core topics: food, nutrition and health, food science, food safety, food choice and food provenance.
Assessment Internal monitoring and final assessment	Written examination (1 hour 45 minutes | 100 marks | 50% GCSE) Non-exam assessments 1 & 2 **Task 1: Food investigation (NEA 1) (30 marks)** Commencing September of Year 11, ending November Year 11 Students' understanding of the working characteristics, functional and chemical properties of ingredients **Task 2: Food preparation assessment (NEA 2) (70 marks)** Commences in January of Year 11 and completes on March Year 11 Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.
Personal Development Opportunities, trips, wider reading, cultural capital	Where possible, the following topics are discussed in relation to ingredients being used: food ethics e.g. free range, seasonality and availability, country of origin, culture, beliefs and values, and the environmental impact of food, including food waste and carbon footprint. Career opportunities are discussed to give students real-life experience of the subject.

Curriculum Overview - Food Preparation and Nutrition - KS4 - Year 10

Year 10	Autumn	Spring	Summer
Subject Knowledge Overview of topics	Food safety, nutrients, heat transfer, food choice, functional and chemical properties of protein and carbohydrates.	Nutrients, functional and chemical properties of fats, raising agents, food provenance.	Mock NEA 1 Mock NEA 2
Skills Procedural knowledge	Twelve skill groups have been integrated throughout the course. These skills include: 1. General practical skills 2. Knife skills 3. Preparing fruits and vegetables 4. Use of the cooker 5. Use of equipment 6. Cooking methods - water-based, dry heat and fat-based 7. Prepare, combine, bind and shape ingredients 8. Sauce making 9. Marination 10. Dough making 11. Raising agents 12. Setting mixtures		Planning a scientific investigation: Independent research (primary) Structuring a hypothesis Collecting data and analysing results Evaluating scientific data to draw conclusions on the functional and chemical properties of ingredients.

Curriculum Overview - Food Preparation and Nutrition - KS4 - Year 11

Year 10	Autumn	Spring	Summer
Subject Knowledge Overview of topics	NEA 1	NEA 2	Exam revision
Skills Procedural knowledge	Research; Planning Food Investigations; Evaluating Food Science Experiments.	Researching nutritional needs. Developing recipes to a brief. Preparing and presenting food to specific individuals.	Analytical writing for exam topics.