Outline of Curriculum – Food Preparation and Nutrition
Inspire, Challenge and Prepare

Year 7 – Food Preparation and Nutrition	Year 8 – Food Preparation and Nutrition	Year 9 – Food Preparation and Nutrition	Year 10 - GCSE Food Preparation and Nutrition	Year 11- GCSE Food Preparation and Nutrition
Project 1 – Food Safety and Hygiene An introduction to Food Preparation and Nutrition. Understanding why we cook food and food safety. Time: 8 lessons Where Food Comes From and Factors that Affect Food Choice Understand the source, seasonality and characteristics of a broad range of ingredients. Understand the factors that affect food choice, including environmental and ethical reasons. Time: 12 lessons In KS3 practical and theory lessons to alternate throughout the year. Practical lessons to teach essential life skills through a range of dishes, predominately savoury. Practical lessons to embed theory and enable better understanding.	Project 1 – Healthy Eating, Healthy Bodies To understand and apply the principles of nutrition and health. To understand what healthy eating means to enable informed food choices. Time: 11 lessons Project 2 – To understand and apply the principles of nutrition and health. To design and make a break product suitable for the school canteen Time: 9 lessons In KS3 practical and theory lessons to alternate throughout the year. Practical lessons to teach essential life skills through a range of dishes, predominately savoury. Practical lessons to embed theory and enable better understanding.	Overview: During year 9 students study a range of topics, covering commodities (Food groups). This additional time allows students to learn through projects where they can focus on a food group in both the theory and practical lessons helping to embed and deepen their understanding of Food. Students will cook a range of dishes linked to the topics learnt. Students will cook once per week. Topics: Healthy Eating Commodities: -Fruits and vegetables -Cereals -Eggs, meat, dairy and fish -Sugar Food Science Design and Make Students will have test style questions to assess the theory understanding	Overview: During year 10 students continue to develop a wide range of culinary skills while learning more in depth about food choices, whether that be linked to culture and religion or seasonality and environmental concerns. Students will also learn how to approach the NEA1 and NEA2 in preparation for year 11. Topics: Factors affecting food choice Cultures and cuisines Technological developments Principles of nutrition Food science Practice NEA1 – food science investigation Practice NEA 2 – demonstrating theoretical understanding and practical high skills. Students will experience exam style questions to assess their theory understanding and to prepare them for their GCSE examination.	Overview: During year 11 students will complete NEA1 - the food science investigation. The NEA2 - showcasing high skill developed over the GCSE. Students will also learn examination skills in preparation for the theory examination at the end of year 11. Throughout the GCSE students will cook once per week. Topics: Recap theory NEA1 NEA2 Preparation for examination Exam questions used throughout the year to prepare students for GCSE exam.

National Curriculum

Key stage 3

- understand and apply the principles of nutrition and health **Year 8 & 9**
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]

KS3 Year 7, 8 & 9

- understand the source, seasonality and characteristics of a broad range of ingredients **Year 8 & 9**

Food Preparation & Nutrition Curriculum

Inspire, Challenge and Prepare

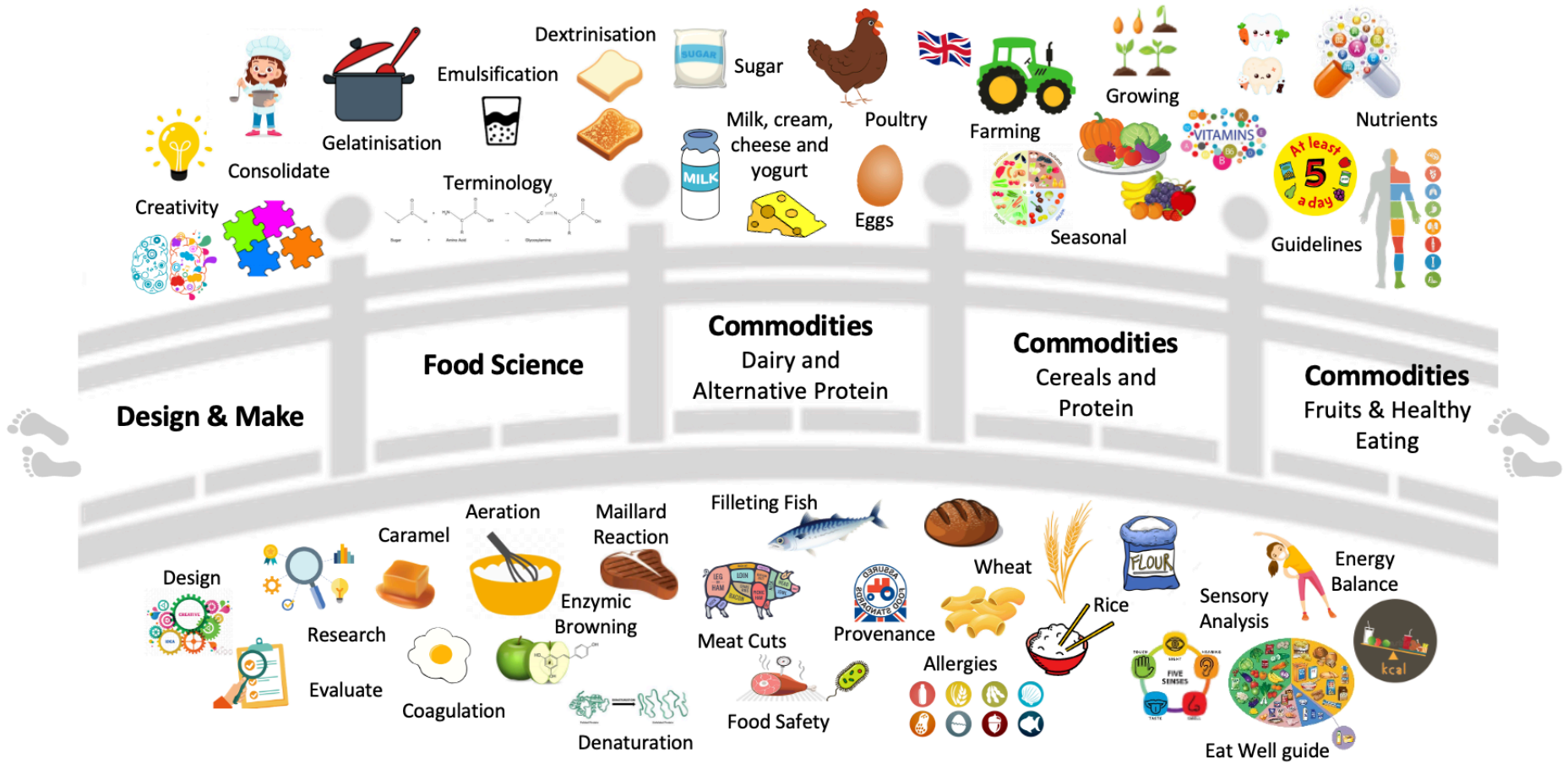
While studying Food Preparation and Nutrition students will learn all about the source, seasonality, and characteristics of a broad range of ingredients and will be able to understand and apply the principles of nutrition and health. Our aim is to enable students with the knowledge and understanding to make informed choices about food. Practical lessons consist of both savoury and sweet dishes and equip students with a range of essential cooking skills required for life. Food links to a variety of subjects, including Maths, English, RS, Geography, Science and Personal Development. Students will learn to be creative, inquisitive, ambitious and confident. There is a broad range of career possibilities in the food industry; the Food Preparation and Nutrition GCSE course prepares them well for any of the options they wish to take from being a chef to working in food development. Our teachers are passionate and supportive; students not only make excellent progress but enjoy studying Food.

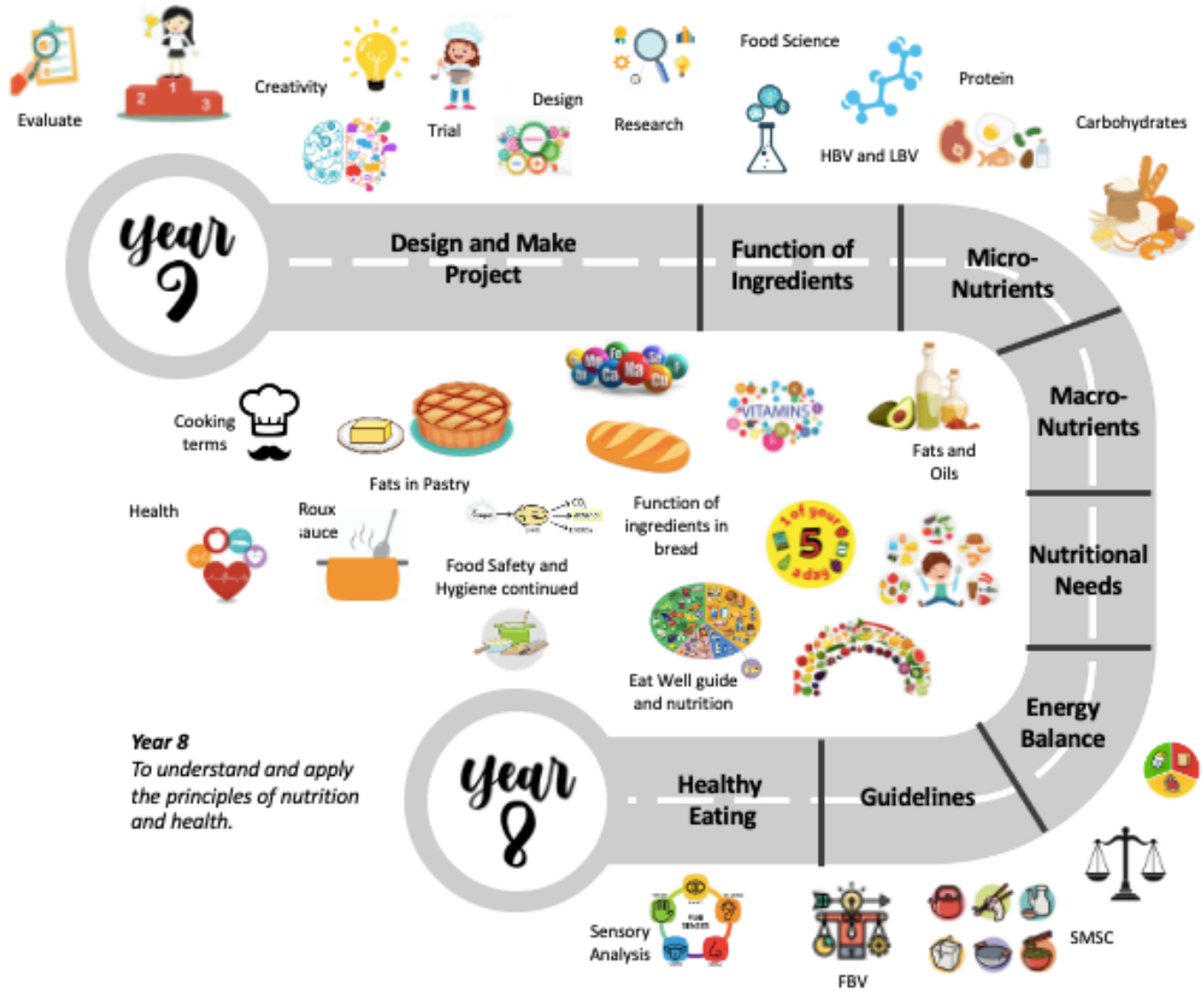
Food Preparation & Nutrition KS3

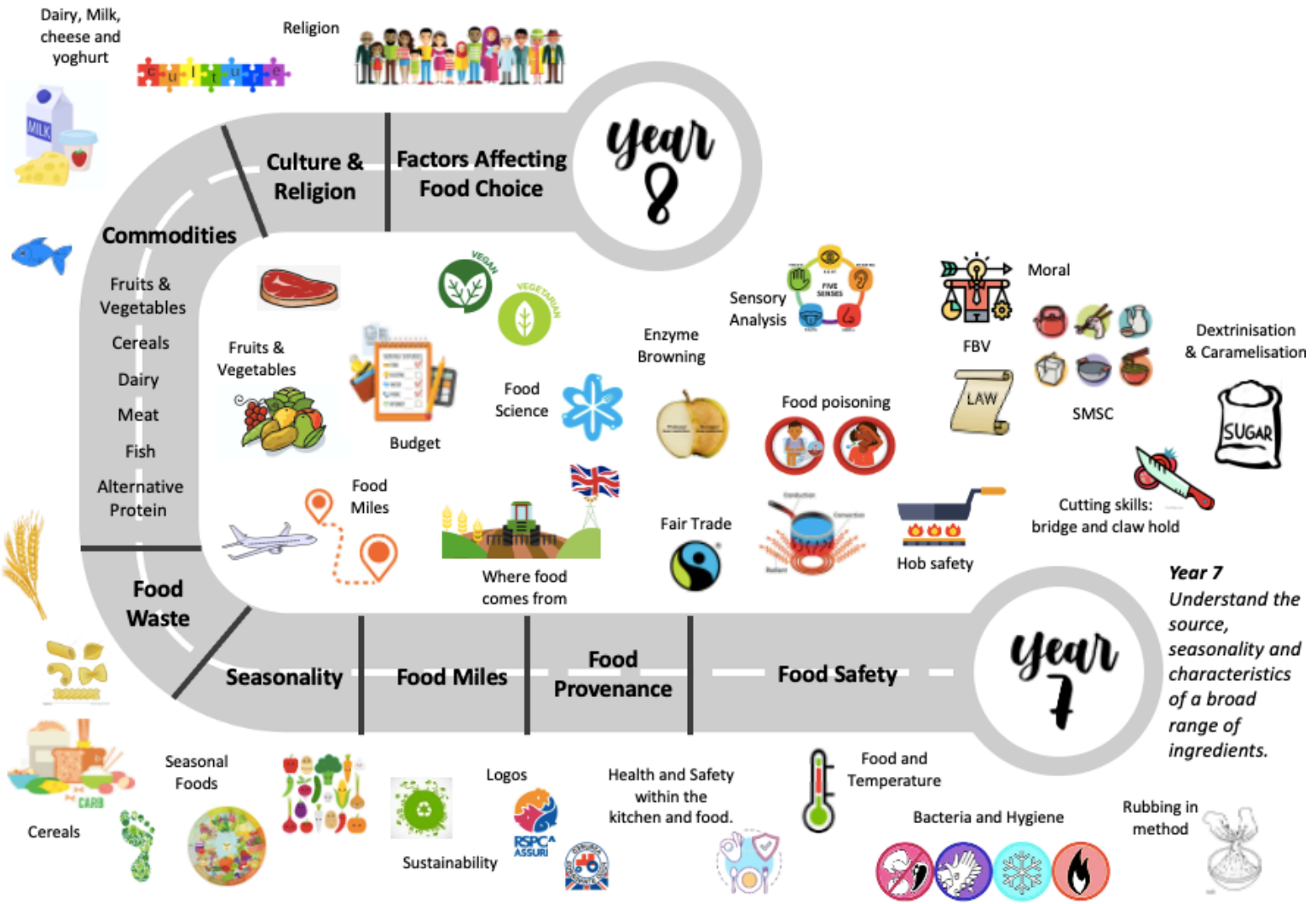
During year 7, 8 and 9 students learn about Food in both an engaging and interactive way. By the end of KS3 students will be equipped with a range of practical skills and a sound understanding of the principles of nutrition, having a greater understanding of the world around them. Lessons alternate between theory and practical, the practical lessons help to embed the theory learnt and prepare the students with essential cooking skills required for life.

Joanna White Subject Lead of Food and Textiles

Year 11
Practice NEA2
Practice NEA1
Food Science
Year 10
Principles of Nutrition
Technological Developments
Cultures & Cuisines
Factors Affecting Food Choice
Creativity
Practical Skills
Trial
BE PREPARED
Science
Research
Biological
Chemical
Evaluate
Moral
FBV
Vegetarian
Vegan
SMSC
Mechanical
Oxidation
Plasticity
Emulsification
Gelatinisation
Aeration
Technology
Bread Science
Cuisines
Religion
Sugar
Hidden Sugar
Protein
LBV and HBV
Saturated and Unsaturated Fat
Food Production
Genetically modified
Continued health and safety and hygiene


Design & Make
Food Science
Commodities
Dairy and
Alternative Protein
Commodities
Cereals and
Protein
Commodities
Fruits & Healthy
Eating
Creativity
Consolidate
Gelatinisation
Emulsification
Dextrinisation
Terminology
Sugar
Milk, cream, cheese and yogurt
Poultry
Eggs
Farming
Growing
Seasonal
Nutrients
Guidelines
Design
Research
Evaluate
Caramel
Aeration
Coagulation
Enzymic Browning
Maillard Reaction
Denaturation
Filleting Fish
Meat Cuts
Food Safety
Provenance
Allergies
Wheat
Rice
Sensory Analysis
Energy Balance
Eat Well guide


Evaluate
Creativity
Trial
Design
Research
Food Science
HBV and LBV
Protein
Carbohydrates
Year 9
Design and Make Project
Function of Ingredients
Micro-Nutrients
Macro-Nutrients
Nutritional Needs
Energy Balance
Guidelines
Healthy Eating
Year 8
Cooking terms
Fats in Pastry
Fats and Oils
Health
Roux sauce
Food Safety and Hygiene continued
Function of ingredients in bread
Eat Well guide and nutrition
Year 8
To understand and apply the principles of nutrition and health.
Sensory Analysis
FBV
SMSC


Dairy, Milk, cheese and yoghurt
Religion
Culture & Religion
Factors Affecting Food Choice
Year 8
Commodities
Fruits & Vegetables
Cereals
Dairy
Meat
Fish
Alternative Protein
Fruits & Vegetables
Budget
Food Science
Enzyme Browning
Sensory Analysis
FBV
Moral
SMSC
Dextrinisation & Caramelisation
Food poisoning
Food Miles
Where food comes from
Fair Trade
Hob safety
Cutting skills: bridge and claw hold
Food Waste
Seasonality
Food Miles
Food Provenance
Food Safety
Year 7
Year 7
Understand the source, seasonality and characteristics of a broad range of ingredients.
Seasonal Foods
Cereals
Logos
Sustainability
Health and Safety within the kitchen and food.
Food and Temperature
Bacteria and Hygiene
Rubbing in method