

Food Preparation and Nutrition  
Creatives Faculty  
Curriculum Year Plans  
2018-2019

<b>YEAR PLAN</b>	<b>Year 7 Food Preparation &amp; Nutrition</b> In year 7 students study Food Preparation and Nutrition as part of a carousel of 6 subjects. This means that students study each subject for a block of lessons before moving on to another subject (the carousel rotates twice during the year).		
<b>TERM</b>	<b>UNIT</b>	<b>ASSESSMENT TYPE</b>	<b>HOMEWORK OPPORTUNITIES</b>
Carousel 1	<p><b>Introduction to Healthy Eating and Macronutrients</b></p> <p>Students will be able to understand the importance of hygiene and how to work safely in the kitchen.</p> <p>Paired cooking work will enable familiarity within the kitchen and will encourage confidence</p> <p>Pupils begin to understand Food Science and will undertake a range of Food Experiments</p> <p>A range of products will be made.</p>	<p>Practical Skills Assessment with Verbal feedback after each practical (www and ebi)</p>	<p>Recalling and revising Key Food Words</p> <p>Concluding Food Science Experiments. Did we prove or disprove our hypothesis?</p> <p>Practice practical cooking skills at home</p>
Carousel 2	<p><b>Introduction to Food Science and Food Choices</b></p> <p>Students will develop their knowledge of Food Science and examine in depth Bread</p> <p>Students will be able to understand the functions of ingredients and understand how recipes can be modified by using SCAMPER.</p> <p>Students will be working towards independent work within the kitchen</p>	<p>Practical Skills Assessment with Verbal feedback after each practical (www and ebi)</p> <p>Formative Assessment at the end of the rotations</p>	<p>Recalling and revising Key Food Words</p> <p>Concluding Food Science Experiments. Did we prove or disprove our hypothesis?</p> <p>Practice practical cooking skills at home</p>

<b>YEAR PLAN</b>	<b>Year 8 Food Preparation &amp; Nutrition</b>		
	In year 8 students study Music as part of a carousel of 6 subjects. This means that students study each subject for a block of lessons before moving on to another subject (the carousel rotates twice during the year).		
<b>TERM</b>	<b>UNIT</b>	<b>ASSESSMENT TYPE</b>	<b>HOMEWORK OPPORTUNITIES</b>
Carousel 1	<p><b>Introduction to Food Provenance and Food Choices</b></p> <p>Students will briefly revisit Food Hygiene, Equipment and Food Safety.</p> <p>Students will revisit the Eatwell Guide and reflect their own food choices and understand the effects of a good and poor diet.</p> <p>Students study Food Provenance and investigate the advantages and disadvantages of Free Range Farming and Intensive Farming.</p> <p>Students consider also Food Choices and budgets along with Food Miles... how can this affect nutrition and the environment</p>	<p>Practical Skills Assessment with Verbal feedback after each practical (www and ebi)</p> <p>Formative Assessment at the end of the rotations</p>	<p>Researching Free Range and Intensive Farming and how supermarkets/manufacturers Advertise products.</p> <p>Learning key words and definitions of these words along with spellings.</p>
Carousel 2	<p><b>To understand different dietary requirements of people and alternative diets</b></p> <p>Students will learn about different diets of people. Coeliac, vegetarian, vegan and diets of different religions around the world and how religion affects what can be eaten.</p> <p>Students will also learn about the increase of allergies and intolerances and understand the importance of clear packaging and advertising.</p> <p>Students will make a range of dishes covering different diets and cultures from around the world.</p>	<p>Practical Skills Assessment with Verbal feedback after each practical (www and ebi)</p> <p>Formative Assessment at the end of the rotations</p>	<p>Learning key words and definitions of these words along with spellings</p> <p>Students will need to bring along a range of packaging for a lesson on allergens.</p>

<b>YEAR PLAN</b>	<b>Year 9 GCSE Food Preparation &amp; Nutrition (Taster)</b> Students in Year 9 study Food Preparation and Nutrition and have 4 lessons a fortnight for the duration of the academic year. This will provide an insight for students the format of the course and the nature of the content delivered.		
<b>TERM</b>	<b>UNIT</b>	<b>ASSESSMENT TYPE</b>	<b>HOMEWORK OPPORTUNITIES</b>
Autumn 1	<p><b>Food Provenance:</b></p> <p>Students will learn</p> <p><b>Intensive Farming</b> <b>Free Range Farming</b></p> <p>Practical sessions will cover a range of 12 Skills as required by WJEC Examination Board</p>	<p>Practical Skills Assessment with Verbal feedback after each practical (www and ebi)</p>	<p>A variety of exam questions which are set by WJEC are given to suit the topic studied.</p> <p>The style and format of the questions vary in complexity from multiple choice to extended pieces of writing.</p>
Autumn 2	<p>Students will make a selection of products to demonstrate these skills.</p> <p>Practical sessions will be individual and alternatives (where appropriate) will be given to encourage stretch and challenge</p>	<p>End of unit assessments carried out to help monitor progress</p>	<p>Key Words and Definitions.</p> <p>Students are encouraged to carry out practical skills at home to increase their confidence. These allows pupils to experience failing and being able to rectify problems.</p>
Spring 1	<p><b>Food Science</b></p> <p>Students will learn</p> <p><b>Why we cook food?</b> <b>Cooking Methods</b> <b>Raising Agents (Biological, Chemical, Mechanical)</b> <b>Key Food Science Terms (Gelatinisation, Coagulation and Denuration)</b></p> <p>Practical sessions will be individual and alternatives (where appropriate) will be given to encourage stretch and challenge</p>	<p>Practical Skills Assessment with Verbal feedback after each practical (www and ebi)</p> <p>End of unit assessments carried out to help monitor progress</p> <p>Practical Skills Assessment with</p>	<p>A variety of exam questions which are set by WJEC are given to suit the topic studied.</p> <p>Conclusions of Food Science experiments and an understanding of whether hypothesis have been proved or disproved</p> <p>The style and format of the questions vary in complexity from multiple choice to extended pieces of writing.</p>

<p>Spring 2</p>	<p><b>Food, Nutrition and Health</b></p> <p>Students will learn</p> <p><b>Proteins</b>  <b>Fats</b>  <b>Carbohydrates</b>  <b>Micronutrients (Vitamins, Minerals)</b>  <b>Different Nutritional Needs of Age Groups</b>  <b>Diet Related Health Problems</b>  <b>Nutritional Analysis – Students will be able to learn how to calculate energy and be able to adjust ingredients to suit different needs</b>  <b>Different dietary needs (lactose, coeliac, nut allergies, vegetarians)</b></p> <p>Students will make a range of products which reflect the learning in lessons. Throughout this topic a range of meal which are suited to specific dietary requirements will be made/demonstrated/tasted.</p> <p>We continue to learn the remaining <b>Skills</b> which are required for the pupils to be competent in.</p>	<p>Verbal feedback after each practical (www and ebi)</p> <p>End of unit assessments carried out to help monitor progress</p>	<p>Key Words and Definitions.</p> <p>Students are encouraged to carry out practical skills at home to increase their confidence. These allows pupils to experience failing and being able to rectify problems.</p> <p>Students are encouraged to plan a range of meals for a variety of different ages. Choices and justification are essential for pupils to understand nutritional awareness.</p>
<p>Summer 1</p>	<p><b>Food Safety &amp; Food Spoilage</b></p> <p>Students will learn</p> <p><b>How to store foods correctly</b>  <b>The Danger Zone</b>  <b>Food Poisoning – signs and symptoms</b>  <b>Preservation methods</b>  <b>Food Wastage</b></p> <p>Students continue to make a range of products to increase their <b>Skill Base</b>. Students are encouraged to</p>	<p>Practical Skills Assessment with Verbal feedback after each practical (www and ebi)</p> <p>End of unit assessments carried out to help monitor progress</p>	<p>Students are encouraged to carry out practical skills at home to increase their confidence. These allows pupils to experience failing and being able to rectify problems.</p>

	<p>become more independent and less teacher led practical lessons will be the norm.</p>	<p>Practical Skills Assessment with Verbal feedback after each practical (www and ebi)</p>	<p>Students are encouraged to carry out practical skills at home to increase their confidence. These allows pupils to experience failing and being able to rectify problems.</p>
<p>Summer 2</p>	<p><b>Food Manufacturing</b></p> <p>Students will learn</p> <p><b>Primary and Secondary Processing of Foods Additives and preservatives used in food manufacturing SMART foods and industry advances in food Positive and negative effects of food additives.</b></p> <p>Students continue to make a range of products to increase their <b>Skill Base</b>. Students are encouraged to become more independent and less teacher led practical lessons will be the norm.</p>	<p>End of unit assessments carried out to help monitor progress</p>	

<b>YEAR PLAN</b>	<b>Year 10 GCSE Food Preparation &amp; Nutrition</b> Students in Year 10 study Food Preparation and Nutrition and have 6 lessons a fortnight for the duration of the academic year. This will provide an insight for students the format of the course and the nature of the content delivered.		
<b>TERM</b>	<b>UNIT</b>	<b>ASSESSMENT TYPE</b>	<b>HOMEWORK OPPORTUNITIES</b>

Autumn 1	<p><b>Food Provenance:</b></p> <p>Students will learn:-</p> <p><b>Intensive Farming</b> <b>Free Range Farming</b></p> <p>Within this unit students are able to understand the impact of these methods of farming of meat and also cereal crops. Therefore, food commodities, such as cereals, fruit/vegetables, dairy, are studied</p> <p>Practical sessions will cover a range of 12 Skills as required by WJEC Examination Board. The below examples give students a range of opportunities to learn key skills. Each practical is linked to the theory covered in lessons</p>	<p>Practical Skills Assessment with Verbal feedback after each practical (www and ebi)</p> <p>Exam questions are marked in accordance with WJEC guidance</p>	<p>A variety of exam questions which are set by WJEC are given to suit the topic studied.</p> <p>The style and format of the questions vary in complexity from multiple choice to extended pieces of writing.</p> <p>Key Words and Definitions.</p>
Autumn 2	<p><b>Skill 10: Dough</b> Making pastries, such as rough puff, choux and handling filo pastry. Shaping and finishing dough to include products such as bread (sweet and savoury)</p> <p><b>Skill 3: Preparing fruit and vegetables</b></p> <p><b>Skill 5: Use of Equipment</b> Making and understanding different cake making methods using hand held equipment, ie swiss rolls, creaming method cakes.</p>	<p>End of unit assessments carried out to help monitor progress</p>	<p>Students are encouraged to carry out practical skills at home to increase their confidence. These allows pupils to experience failing and being able to rectify problems.</p>
Spring 1	<p><b>Food Science</b></p> <p>Students will learn</p> <p><b>Why we cook food?</b> <b>Cooking Methods</b></p>	<p>Practical Skills Assessment with Verbal feedback after each practical (www and ebi)</p>	<p>A variety of exam questions which are set by WJEC are given to suit the topic studied.</p>

	<p><b>Raising Agents (Biological, Chemical, Mechanical)</b>  <b>Key Food Science Terms (Gelatinisation, Coagulation and Denaturation)</b></p> <p>Practical sessions will cover a range of 12 Skills as required by WJEC Examination Board. The below examples give students a range of opportunities to learn key skills. Each practical is linked to the theory covered in lessons.</p> <p><b>Skill 12: Setting Mixtures</b>  Using a range of gelatine (sheet, granules and agar-agar) to set panna cotta  <i>Gelatinisation</i></p> <p><b>Skill 2: Knife Skills</b>  Students will learn how to joint a chicken into 10 pieces or how to gut and fillet a fish</p> <p>Additionally, students will take place in group activities which are based around Food Science Experiments. This is a key element of the subject at GCSE level.</p> <p><b>Food, Nutrition and Health</b></p> <p>Students will learn</p> <p><b>Proteins</b>  <b>Fats</b>  <b>Carbohydrates</b>  <b>Micronutrients (Vitamins, Minerals)</b>  <b>Different Nutritional Needs of Age Groups</b>  <b>Diet Related Health Problems</b>  <b>Nutritional Analysis – Students will be able to learn how to calculate energy and be able to adjust ingredients to suit different needs</b></p>	<p>End of unit assessments carried out to help monitor progress</p> <p>Exam questions are marked in accordance with WJEC guidance</p> <p>End of unit assessments carried out to help monitor progress</p>	<p>Conclusions of Food Science experiments and an understanding of whether hypothesis have been proved or disproved</p> <p>The style and format of the questions vary in complexity from multiple choice to extended pieces of writing.</p> <p>Key Words and Definitions.</p> <p>Students are encouraged to carry out practical skills at home to increase their confidence. These allows pupils to experience failing and being able to rectify problems.</p> <p>Students are encouraged to plan a range of meals for a variety of different ages. Choices and justification are essential for pupils to understand nutritional awareness.</p>
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	<p><b>Different dietary needs (lactose, coeliac, nut allergies, vegetarians)</b></p> <p>Students will make a range of products which reflect the learning in lessons. Throughout this topic a range of meal which are suited to specific dietary requirements will be made/demonstrated/tasted.</p> <p>We continue to learn the remaining <b>Skills</b> which are required for the pupils to be competent in.</p>		
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<b>YEAR PLAN</b>	<p align="center"><b>Year 11 GCSE Food Preparation &amp; Nutrition</b></p> <p>The learning plan in Year 11 further develops the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and health, food safety, food choice and food provenance.</p> <p>Students will build upon prior learning from Year 10.</p> <p>Students will complete a range of challenging practical tasks so that they build the required practical skills and confidence in the kitchen. They complete a NEA1 worth 15% and NEA2 worth 35% with the final written assessment in Summer 1.</p>		
<b>TERM</b>	<b>UNIT</b>	<b>ASSESSMENT TYPE</b>	<b>HOMEWORK OPPORTUNITIES</b>
Autumn 1	<p>Complete <b>NEA 1 Food Investigation Task</b> 15% of final GCSE</p> <p>There will be two tasks pre-determined by the examination board. These are available from 1 st Sept and 10 hours are allocated for studying this.</p> <p>This will involve Food Science Experiments and a supporting portfolio will be submitted</p>	<p>GCSE Formal Assessment</p> <p>Informal group verbal feedback ongoing throughout NEA</p>	CGP Food Preparation and Nutrition Revision Guide and Exam Practice workbook.
Autumn 2	<p>Complete <b>NEA 2 Food Preparation Task</b> 35% of final GCSE</p> <p>There will be two tasks pre-determined by the examination board. These are available from 1<sup>st</sup> November and 30 hours are allocated for studying this.</p>	<p>GCSE Formal Assessment</p> <p>Informal group verbal feedback ongoing throughout NEA</p>	
Spring 1 & Spring 2	<p><b>NEA 2 Practical Examination 3 hours</b></p> <p>Students will be expected to carry out a practical examination and will be prepared for this by creating a Time Plan</p>	GCSE Formal Assessment in line with guidelines from examination board	
Summer 1	<p>Recap of all theory covered in Year 10</p> <p>Revisit Specification of the 5 Topics</p> <p><b>Food Provenance</b> <b>Food Science</b></p>		

	<b>Food, Health and Nutrition Food Safety and Hygiene Food Manufacturing</b>  Written GCSE Examination 50% of final mark The format of the questions will include a range of multiple choice questions and extended written questions		
	<b>Helpful Websites</b> <a href="http://www.foodfactoflife.org.uk">www.foodfactoflife.org.uk</a> <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a> <a href="http://www.grainchain.com">www.grainchain.com</a> <a href="http://www.chillededucation.org">www.chillededucation.org</a>		