



CHORLTON HIGH SCHOOL: CURRICULUM

CHS Curriculum Intent

SUCCESSFUL: Learners who gain deep and powerful knowledge in preparation for life; combining academic rigour, curiosity and creative flair.

CREATIVE: Learners who are imaginative, optimistic and inventive; finding their voice to become effective communicators prepared for lifelong adaptability

HAPPY: Learners who are confident, resilient, well-rounded citizens; they understand the world's communities and are ready to discover their place in it.

CHS Curriculum Area Framework for Learning – Year 9

SUBJECT	GCSE Food Preparation and Nutrition (AQA/EQUQAS)
INTENT	GCSE Food Preparation and Nutrition will prepare students with fundamental life skills that they will continue to grow and develop throughout their lives. Students will gain an awareness and learn about the impact of diet on health and well-being. Social, Moral and Environmental impacts on food choice and the scientific principles surrounding ingredients and how they work in a food product. This will allow students to explore their curiosity, practice and develop different skills allowing them to grow in confidence and independence.

Year Group	9					
Rationale/ Narrative	Year 9 Food Preparation and Nutrition is used as a skills based year. During the course of the year students will have the opportunity to practice various skills particularly practical based skills. Students will also be introduced to key topics such as Food, nutrition and Health and aspects of Food Science to give them insight into the knowledge base needed to successfully complete the course.					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KNOWLEDGE	Food Safety Principles <ul style="list-style-type: none"> Principles of food safety when 	Macronutrients <ul style="list-style-type: none"> What are the Macronutrients 	Factors affecting food choice	Food Provenance <ul style="list-style-type: none"> Environmental impact and sustainability of food. 	Food Science <ul style="list-style-type: none"> Cooking of food and heat transfer Why food is cooked. 	Food Choice/Practice NEA. <ul style="list-style-type: none"> Factors affecting food choice



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	<p>buying and storing food.</p> <ul style="list-style-type: none"> • Conditions for microbial growth. • Bacterial contamination. • Food safety principles when preparing and cooking food. • Microorganisms used in food production 	<p>(carbohydrates, protein and fat)</p> <ul style="list-style-type: none"> • Function in the body. • Sources • Effects of excess and deficiency. • Effects of cooking on structure and taste. • Making informed choices. • BMR and PAL • Nutritional Labelling. • Bread unit- Types, function of ingredients, steps in bread making. • PASTRY unit- Ingredients and function. 	<ul style="list-style-type: none"> • Cooking with healthy alternatives- fibre/fat/sugar • Religion and its impact on food choice. • Foods from other cultures and cuisines. • Food allergies and intolerances. • Sensory evaluation. 	<ul style="list-style-type: none"> • Food provenance and production methods: Grown/Reared/Caught. • Sustainability of food: Explain the impact of food and food security on local and global markets • Food Labelling- mandatory and non-mandatory on a food label. • How food marketing influences food choice 	<ul style="list-style-type: none"> • How heat is transferred to food (conduction, convection and radiation). • Selecting appropriate cooking methods • Water based, dry methods and fat based cooking methods and effects on sensory appeal and nutritional value. • Blanching – Enzymic browning • Food Processing: milk, cheese etc. 	<ul style="list-style-type: none"> • Understand and explain how food choice is linked to the ethical and moral beliefs. • Practice NEA - Food science investigation • Cake making methods • Cake making ingredients. • Summer Gateau / Muffins batch of 6 identical.
SKILLS	<p>Theoretical Skills:</p> <ul style="list-style-type: none"> • identify, select and break down key information. • Evaluation skills, analyse (sensory), reflect, plan and improve. • Exam skills: exam technique and how to produce a piece of extended writing. <p>Practical Skills:</p> <ul style="list-style-type: none"> • General practical skills. • Knife skills • Preparing fruit and vegetables • Use of the cooker including grill and oven. • Use of equipment. 	<p>Theoretical Skills:</p> <ul style="list-style-type: none"> • Identify, select and break down key information. • Evaluation skills, analyse (sensory), reflect, plan and improve. • Exam skills: exam technique and how to produce a piece of extended writing. <p>Practical Skills:</p> <ul style="list-style-type: none"> • General practical skills. • Knife Skills • Preparing fruit and vegetables • Use of the cooker including grill and oven. • Use of equipment including electrical 	<p>Theoretical Skills:</p> <ul style="list-style-type: none"> • Identify, select and break down key information. • Evaluation skills, analyse (sensory), reflect, plan and improve. • Investigative skills: Research, hypothesize, investigate and evaluate. • Exam skills: exam technique and how to produce a piece of extended writing. <p>Practical Skills:</p> <ul style="list-style-type: none"> • General practical skills. • Knife Skills • Preparing fruit and vegetables • Use of the cooker including grill and oven. 			



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	<ul style="list-style-type: none"> • Prepare, combine and shape. • Dough- bread and pastry. • Raising agents • Setting mixtures <p>Other Skills students will develop are:</p> <ul style="list-style-type: none"> • Quality Control • Time Management • Teamwork • Organization • Initiative and independence. 		<ul style="list-style-type: none"> • Cooking methods. • Prepare, combine and shape • Dough- bread and pastry • Raising agents: eggs as a raising agent; chemical raising agents; steam as a raising agent and biological raising agents. <p>Other Skills students will develop are:</p> <ul style="list-style-type: none"> • Quality Control • Time Management • Teamwork • Organization • Initiative and independence. 		<ul style="list-style-type: none"> • Use of equipment including electrical • Cooking methods. • Prepare, combine and shape • Dough • Raising agents • Setting mixtures <p>Other Skills students will develop are:</p> <ul style="list-style-type: none"> • Quality Control • Time Management • Teamwork • Organization • Initiative and independence. 	
ASSESSMENTS	<p>Classwork Piece: Bread Mould: exam question on microbial growth</p> <p>Feedback workshop</p>	<p>Classwork Piece: Food science- yeast investigation</p> <p>Progress test- Students will complete a progress test in the style of KS4 examination</p> <p>Feedback workshop</p>	<p>Classwork Piece: Practical Evaluation/Timeplan. (distanced learners will be assessed on their time plans)</p> <p>Feedback workshop</p>	<p>Classwork Piece: Sustainability/food miles essay question</p> <p>Progress test: Students will complete a test in the style of a KS4 examination</p> <p>Feedback Workshop</p>	<p>Classwork Piece: Practical Evaluation/ distanced learners will investigate a chosen food processing method.</p> <p>Feedback Workshop</p>	<p>Classwork Piece: Extended Exam Question on food profiling – how improve results</p> <p>Progress test: Students will complete a test in the style of a KS4 examination</p> <p>Feedback Workshop</p>