



SRS –Curriculum Overview – Food

	Term 1 Key knowledge/skills	Term 2 Key knowledge/skills	Term 3 Key knowledge/skills	Resources & Information for parents/students
This subject is only taught in KS3 and KS4				
Y7	Students undertaking DT	Introduction into Food technology Students will be introduced into our Food technology department. They will be taught how to work safely and hygienically in a food room. Students will learn how to work safely with a sharp knife and other equipment. Students will undertake 8 practical lessons to kick start their cooking journey at Sydney Russell School 8 Practical lessons	Healthy eating Students will look at healthy eating via the Eatwell guide. Students will be taught about healthy eating and how to make good choices. They will learn about Knife safety and how to do knife cuts.	www.foodafactoflife.org.uk
Y8	Building skills Students will engage in a comprehensive exploration of food hygiene and safety protocols. They will acquire practical skills in preparing dishes through the application of the rubbing-in method, with a specific focus on creating cake batter. Furthermore, students will gain hands-on experience in the preparation of stir-fry dishes, honing their proficiency in controlling both the hob and drill with optimal effectiveness.	Food choice Students will also be introduced to the topic of food choice, examining vegetarian and vegan diets before moving on to British cuisine. Students will explore several types of allergies and intolerances, as well as consider food miles and food labelling.	Students undertaking DT	www.foodafactoflife.org.uk
Y9	Students undertaking DT	Culinary skills Students will concentrate on honing their practical skills, with a particular focus on mastering the art of crafting pastry, achieving perfection in bread-making, and mastering the preparation of a traditional cake batter. The culmination of their efforts will be demonstrated in the creation of a traditional shepherd's pie.	Food nutrition In our lessons, we'll cover acquiring and storing food, addressing the risks of food poisoning, and using the Eatwell Guide, this time for balanced nutrition. We'll also explore diet-related health conditions, understand nutritional needs, and touch on the importance of quality and safety in food assurance schemes.	https://www.foodafactoflife.org.uk/14-16-years/



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<p style="text-align: center;">Y10</p>	<p>Nutritional Needs and Health: Energy Needs, Diet, Nutrition and Health, Macronutrients, Micronutrients</p> <p>Food Safety: Food spoilage and contamination, micro-organisms and enzymes, preparing and cooking food, micro-organisms in food production bacterial contamination, food poisoning</p> <p>Principles of Food Safety: Buying and storing food, preparing, and cooking food</p> <p>Raising agents: Mechanical, chemical, biological</p> <p>Food choice: Food choice linked to religion, food labelling, food marketing</p> <p>Food Science: Cooking of food and heat transfer, why and how, cooking methods</p> <p>Practical Lesson once a week</p>	<p>British and international cuisine: Students will look at British cuisine, international cuisine, eating patterns, and traditional equipment</p> <p>Food Environment: Environment, production methods, sustainability, seasonal foods, transportation, organic food, food waste, packaging, free range and GM</p> <p>Practical Lesson once a week</p>	<p>Food processing and production</p> <ul style="list-style-type: none"> • Food production (wheat, flour and pasta) • Food production (flour and bread) • Food production (milk, yoghurt and cheese) • How processing affects the sensory and nutritional properties of ingredients • Technological developments associated with better health and food production <p>Practical Lesson once a week</p>	<p>https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-gcse-food-preparation-and-nutrition/zvjh8xs</p> <p>Revision guide: AQA GCSE Food Preparation & Nutrition: Revision</p>
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Y11	<p>NEA 1: Section A: Research Section B: Investigation Section C: Analysis and evaluation</p> <p>Food Investigation Food science Hypothesis Theory writing Researching</p> <p>NEA 2: Section A: Researching the task Section B: Demonstrating technical skills Section C: Planning for final menu Section D: Making final dishes</p> <p>Plan, Prepare and Make.</p> <ul style="list-style-type: none"> • Research • Demonstrate technical skills • Practical Examination • Planning final menu • Analyse and evaluate • Presenting • Nutritional analysis <p>Practical Lesson once a week</p>	<p>Revision for Mock exams</p> <p>Mock Exam</p> <p>Continue with NEA 2.</p> <p>Revision</p> <ul style="list-style-type: none"> • Food, nutrition and health • Food science • Food safety • Food choice • Food provenance • Food prep and cooking techniques 	<p>Revision</p> <ul style="list-style-type: none"> • Food, nutrition and health • Food science • Food safety • Food choice • Food provenance • Food prep and cooking techniques <p>Written Exam prep</p> <ul style="list-style-type: none"> • Times exams • Exam papers • Big marker questions support/technique <p>Final exam - June</p>	<p>https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-gcse-food-preparation-and-nutrition/zvjh8xs</p> <p>Revision guide: AQA GCSE Food Preparation & Nutrition: Revision</p>
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