

Food Curriculum Overview 23/24

	LP 1	LP 2	LP 3
<p>Yr 7 (19 Weeks/1 lesson a fortnight)</p> <p>Very little to no prior experience of Food.</p> <p>They will learn the key concepts of food, safety & hygiene. Understanding of the 4C's, conditions for bacterial (pathogenic) growth. Learn the full germometer and the importance of temperature control for storing and/or cooking foods.</p> <p>The nutritional needs of humans linking to the Eatwell Guide and nutritional well-being. A link to government initiatives and understanding where foods fall into each food group.</p> <p>They will be introduced to the basics of cooking foods through heat energy, linking to practicals completed. Food science will focus on starches and sugars when heated and the results to food products.</p> <p>They will complete the year with a look into food miles, environmental impacts with use of the internet for a wider research task.</p> <p><i>They are introduced to a range of practical activities which fit alongside their theory content; developing practical culinary skills and hygienic practices.</i></p>	<ul style="list-style-type: none"> • Health & Safety Protocols • Nutrition & the Eatwell Guide <ul style="list-style-type: none"> - The importance of food hygiene & safety. - Understanding bacteria, ways to help preserve foods and conditions needed. - Temperature control/conditions. - Equipment uses and safety. - Nutrition basics and the Eatwell Guide. <p><i>Independent practical skills to build confidence using a variety of equipment, cooking methods, food science knowledge and subject terminology.</i></p>	<ul style="list-style-type: none"> • Nutrition – Macro/Micro • Food Choice <ul style="list-style-type: none"> - Embed health, safety and hygiene practicals. - Understanding the 5 key nutrients/separate from the 5 food groups. - Know the function of each nutrient, including excess and deficiencies. - Consideration for food choice and influences. - A general review of all areas that can impact food choice but an understanding of social economical impacts too. <p><i>Independent practical skills to build confidence using a variety of equipment, cooking methods, food science knowledge and subject terminology.</i></p>	<ul style="list-style-type: none"> • Food Science- Heat Energy • Food Miles • Summative Assessment <ul style="list-style-type: none"> - Understanding cooking methods in relation to heat energy. - Identify conduction, convection & radiation uses with food (food science) and link to practical activities completed. - Embedding food science terminology and understanding throughout. - A focus on dextrinisation and caramelisation. - Food waste, Food miles and their impact - Summative Assessment. <p><i>Independent practical skills to build confidence using a variety of equipment, cooking methods, food science knowledge and subject terminology.</i></p>
<p>Yr 8 (19 Weeks/1 lesson a fortnight)</p> <p>Ensure key knowledge from year 7 is understood and embedded further where appropriate.</p> <p>Develop knowledge on Food poisoning, symptoms and causes, including high risk groups. Linking to this is primary and secondary processing of ingredients and relate to controlled pathogenic/non-pathogenic food production for items such as blue cheeses. Then considering temperature control when buying & storing foods, linking back to the germometer.</p> <p>They will learn about dietary needs and energy balance. A deeper understanding beyond food choice can be based on gender, job & PAL. They will look at specific dietary requirements for allergens, coeliac and lactose intolerances. This will also include portion control and why this is both useful and important. Linking to food choice is a look at international cuisines and having the opportunity to taste test foods, that may not have been previously tried.</p>	<ul style="list-style-type: none"> • Re-cap Health & Safety Protocols • Food Poisoning • Food Processing • Buying & Storing Foods <ul style="list-style-type: none"> - The importance of food hygiene & safety. - Food poisoning causes, symptoms and high risk groups. - Looking at prevention methods and linking back to the 4C's. - Identifying primary and secondary processing within food production. - Looking at the use of controlled conditions for bacteria growth e.g. pasteurisation and making mouldy cheeses. - Linking to this temperature control when buying & storing foods; ambient, fridge, freezer. 	<ul style="list-style-type: none"> • Dietary Needs • Energy Balance • International Foods <ul style="list-style-type: none"> - Nutritional understanding and considerations to special dietary requirements. - Food choice can be based in dietary needs and also links to PAL, age, sex etc. - A focused look at allergens, coeliac and lactose dietary needs. - Understand energy balance in/equals energy balance out needs to meet; varied based on job/PAL. - Importance of food costing and portion control. - Multicultural food choices and eating habits. - Taste testing of international foods and links to where they originate/food provenance. 	<ul style="list-style-type: none"> • Food Science- Cooking Methods • Food Science-Carbohydrates & Proteins • Sustainability & Environmental Impacts <ul style="list-style-type: none"> - Cooking methods used throughout practical activity, looking at oil/moist/dry cooking methods. - Understanding cooking methods impact food flavour/taste/texture/appearance etc. - Working characteristics/Function & chemical properties of proteins and carbohydrates. - Sustainability and environmental impacts on food production/importing goods etc. - A look at a Kinder Egg and its journey from bauxite- that makes the aluminium foil, the paper, plastic, stickers, toy, chocolate; cocoa bean, sugar, milk etc.

<p>Food science will be continued in year 8 looking at cooking methods; understanding and consider appropriate cooking methods for foods to enhance their taste and physical appearance/appeal. Functional characteristics of protein and carbohydrates and link to practical activities completed. Completing the year with a wider look at environmental impacts and how can we be sustainable.</p> <p><i>They are introduced to a range of practical activities which fit alongside their theory content; developing practical culinary skills and hygienic practices.</i></p>	<p><i>Independent practical skills to build confidence using a variety of equipment, cooking methods, food science knowledge and subject terminology.</i></p>	<p><i>Independent practical skills to build confidence using a variety of equipment, cooking methods, food science knowledge and subject terminology.</i></p>	<p><i>Independent practical skills to build confidence using a variety of equipment, cooking methods, food science knowledge and subject terminology.</i></p>
<p>Yr 9 (19 Weeks/1 lesson a fortnight)</p> <p>They are introduced to types of food contamination, linking in all knowledge of the 4C's; identifying chemical/biological and physical forms of food contamination. They will learn about food provenance and methods used to grow crops/rear livestock. Links to environmental, seasonal and human health will be investigated based on farming methods.</p> <p>Extending from this they will learn about technological developments on fortification and additives but also links to GM foods. This will then lead to looking at food labelling and the law, including recent changes. Optional food labelling methods from nutritional claims to the traffic light system will be taught and why these help consumers make healthier food choices.</p> <p>From this they will look at diet choices and extreme diets; malnutrition and obesity. Linking health risks and developing knowledge from year 7 & 8 on energy balance, EWG and macro/micro nutrition.</p> <p>Food science will be covering emulsification, fats/oils and raising agents. Students will link the knowledge to the practical activities completed and understand the chemical properties. Core GCSE based knowledge from prior food science will be embedded with subject terminology encouraged throughout their learning.</p>	<ul style="list-style-type: none"> • Health & safety • Types of Food Contamination • Food Provenance • Organic/Intensive farming methods <ul style="list-style-type: none"> - Health & safety protocols throughout. - Types of food contamination- Chemical/Physical or biological. - Links to pathogenic/food poisoning from year 8. Practicals that use biological for good uses e.g. yeast in bread making. - The four types of food provenance categories. - Learn and understand the different methods used in intensive and organic farming methods for growing crops and rearing livestock. - Gathering wild foods and catching (hunting) wild food. - Consideration on the environment for all these methods used and human health. <p><i>Independent practical skills to build confidence using a variety of equipment, cooking methods, food science knowledge and subject terminology.</i></p>	<ul style="list-style-type: none"> • Technological Developments • Food Labelling & the law • Diet choice and the Extremes <ul style="list-style-type: none"> - Technological developments- food production, processing, transport, preservation method, scientific advancements, media and demographics. - Understand nutritional modification from GM foods to the use of additives or through fortification. Links to health and the impact of these technological developments. - Food labelling and the law; most recent changes due to Brexit/EU laws and Natashas Law. - Understanding the importance of the laws e.g. allergens listed. - Traffic light labelling system, not currently a law but helps consumers make healthier diet choices. - Diet extremes- obesity and malnutrition. Health risks and links to getting a balanced diet. - Other diet choices including vegetarians and religion. <p><i>Independent practical skills to build confidence using a variety of equipment, cooking methods, food science knowledge and subject terminology.</i></p>	<ul style="list-style-type: none"> • Food Science – Emulsification • Food Science – Fats & Oils • Food Science – Raising Agents <ul style="list-style-type: none"> - Emulsification and making mayonnaise. - Understanding the function and chemical properties of oil/water in food products that are emulsified. - Taste testing homemade mayonnaises, comparison of chop bought, use of preservatives/E numbers linking to previous topics covered. - Pastry making techniques and understanding lamination. - Food science- Fats and oils; shortening and plasticity. - Consideration to ratios when making pastry. - Raising agents: air, CO2 and steam- uses in food making and identifying chemical, biological and mechanical functions in making food products. <p><i>Independent practical skills to build confidence using a variety of equipment, cooking methods, food science knowledge and subject terminology.</i></p>