

Curriculum: Food Preparation and Nutrition

Year 7 Curriculum

Term 1	Term 2	Term 3
<p>Skills in the Kitchen The Eatwell Guide -Vegetables</p> <p>Content</p> <ul style="list-style-type: none"> Students will understand the important of hygiene and safety within the kitchen. Basic skills within the kitchen, how to use and operate the hob and oven. Introduction to the Eatwell guide and 5-a-day campaign, with a focus on vegetables. Meal Design. Methods of Evaluation including Star Diagrams. <p>Skills</p> <ul style="list-style-type: none"> Plan, prepare and cook dishes. Analyse and evaluate aspects of nutrition, food, cooking and preparation, including food made by themselves. <p>Practical Skills</p> <ul style="list-style-type: none"> 1. Knife Skills 2. Prepare fruits and vegetables. 3. Prepare combine and shape. 4. Select and adjust the cooking process. 5. Weight and measure. 	<p>The Eatwell Guide -Vegetables -Fruit</p> <p>Content</p> <ul style="list-style-type: none"> Students will understand the source and variety of a range of vegetables and fruit. Students will explore a range of knife skills to chop and prepare fruit and vegetables including: <ul style="list-style-type: none"> Baton Julienne Dice Students will explore dishes from a range of cuisines. <p>Skills</p> <ul style="list-style-type: none"> Plan, prepare and cook dishes. With a focus on knife skills. Analyse and evaluate aspects of nutrition, food, cooking and preparation, including food made by themselves. Demonstrate hygiene and safety techniques. <p>Practical Skills</p> <ul style="list-style-type: none"> 1. Knife Skills 2. Prepare fruits and vegetables. 3. Prepare combine and shape. 	<p>The Eatwell Guide -Fruit -Carbohydrates</p> <p>Content</p> <ul style="list-style-type: none"> Students will understand a range of fruit and carbohydrate ingredients. Students will create a range of dishes which use sources of fruit and carbohydrates as a main ingredient. Students will understand the source, variety and nutrition of different ingredients. <p>Skills</p> <ul style="list-style-type: none"> Students will plan, prepare, and adapt recipes to suit their tastes. Students will compare, analyse, and evaluate aspects of nutrition, food and cooking and preparation, including food made by themselves. Students will compare different sources of ingredients. <p>Practical Skills</p> <ul style="list-style-type: none"> 1. Knife Skills 2. Prepare fruits and vegetables. 3. Prepare combine and shape. 4. Select and adjust the cooking process.

<ul style="list-style-type: none"> • 6. Preparation on ingredients and equipment. • 7. Water based methods of using the hob. • 8. Dry heat and fat-based methods using the hob. • 9. Using the oven. • 10. Test for readiness • 11. Judge and manipulate sensory properties. <p>Homework</p> <p>Homework evaluation sheets will be completed each week including sensory analysis.</p>	<ul style="list-style-type: none"> • 4. Select and adjust the cooking process. • 5. Weight and measure. • 6. Preparation on ingredients and equipment. • 7. Water based methods of using the hob. • 8. Dry heat and fat-based methods using the hob. • 9. Using the oven. • 10. Test for readiness • 11. Judge and manipulate sensory properties. • 12. Shape and finish a dough. • Making a sauce. <p>Homework</p> <p>Homework evaluation sheets will be completed each week including sensory analysis.</p>	<ul style="list-style-type: none"> • 5. Weight and measure. • 6. Preparation on ingredients and equipment. • 7. Water based methods of using the hob. • 8. Dry heat and fat-based methods using the hob. • 9. Using the oven. • 10. Test for readiness • 11. Judge and manipulate sensory properties. • 12. Shape and finish a dough. • Making a sauce. <p>Homework</p> <p>Homework evaluation sheets will be completed each week including sensory analysis.</p>
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Year 8 Curriculum

Term 1	Term 2	Term 3
<p>Hygiene and Safety The Eatwell Guide -Dairy</p> <p>Content</p> <ul style="list-style-type: none"> Students will recap a range of hygiene and safety knowledge. Students will understand a range of dairy products. Students will demonstrate the use of a range of dairy products when making recipes. Students will demonstrate a range of cooking methods when making recipes with dairy products. <p>Skills</p> <ul style="list-style-type: none"> Plan, prepare and cook dishes. Analyse and evaluate aspects of nutrition, food, cooking and preparation, including food made by themselves. <p>Practical Skills</p> <ul style="list-style-type: none"> 1. Knife Skills 2. Prepare fruits and vegetables. 3. Prepare combine and shape. 4. Select and adjust the cooking process. 5. Weight and measure. 6. Preparation on ingredients and equipment. 7. Water based methods of using the hob. 	<p>The Eatwell Guide -Protein</p> <p>Content</p> <ul style="list-style-type: none"> Students will understand the sources or protein, excess and deficiency in the diet and a range of protein alternatives. Students will demonstrate the use of protein in dishes and be able to compare the suitability of protein sources in dishes. Students will understand the role of hygiene and safety when preparing protein dishes. <p>Skills</p> <ul style="list-style-type: none"> Plan, prepare and cook dishes. Analyse and evaluate aspects of nutrition, food, cooking and preparation, including food made by themselves. <p>Practical Skills</p> <ul style="list-style-type: none"> 1. Knife Skills 2. Prepare fruits and vegetables. 3. Prepare combine and shape. 4. Select and adjust the cooking process. 5. Weight and measure. 6. Preparation on ingredients and equipment. 	<p>The Eatwell Guide -Oils and Spreads Dietary Goals</p> <p>Content</p> <ul style="list-style-type: none"> Students will understand the importance of dietary goals to have a healthy lifestyle. Students will understand the impact of the five dietary goals: <ul style="list-style-type: none"> Eat less fat Eat less sugar Eat less salt Eat more fibre Drink Less Alcohol (non-practical) <p>Skills</p> <ul style="list-style-type: none"> Plan, prepare and cook dishes. Analyse and evaluate aspects of nutrition, food, cooking and preparation, including food made by themselves. <p>Practical Skills</p> <ul style="list-style-type: none"> 1. Knife Skills 2. Prepare fruits and vegetables. 3. Prepare combine and shape. 4. Select and adjust the cooking process. 5. Weight and measure. 6. Preparation on ingredients and equipment. 7. Water based methods of using the hob.

<ul style="list-style-type: none"> • 8. Dry heat and fat-based methods using the hob. • 9. Using the oven. • 10. Test for readiness • 11. Judge and manipulate sensory properties. <p>Homework</p> <p>Homework evaluation sheets will be completed each week including sensory analysis.</p>	<ul style="list-style-type: none"> • 7. Water based methods of using the hob. • 8. Dry heat and fat-based methods using the hob. • 9. Using the oven. • 10. Test for readiness • 11. Judge and manipulate sensory properties. <p>Homework</p> <p>Homework evaluation sheets will be completed each week including sensory analysis.</p>	<ul style="list-style-type: none"> • 8. Dry heat and fat-based methods using the hob. • 9. Using the oven. • 10. Test for readiness • 11. Judge and manipulate sensory properties. <p>Homework</p> <p>Homework evaluation sheets will be completed each week including sensory analysis.</p>
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Year 9 Curriculum

Term 1	Term 2	Term 3
<p>Hygiene and Safety The 8 Top Tips -Carbohydrates -Eat lots of fruit and vegetables -Eat more fish</p> <p>Content</p> <ul style="list-style-type: none"> Students will recall and further extend their knowledge of hygiene and safety focusing of cross contamination and food poisoning. Students will Explore the 8 top tips to understand the importance of carbohydrate in the diet, including a variety of sources. Students will explore a range of fruit and vegetables in the diet. Students will understand the sources of fish and how to include fish in the diet. <p>Skills</p> <ul style="list-style-type: none"> Plan, prepare and cook dishes. Analyse and evaluate aspects of nutrition, food, cooking and preparation, including food made by themselves. <p>Practical Skills</p> <ul style="list-style-type: none"> 1. Knife Skills 2. Prepare fruits and vegetables. 3. Prepare combine and shape. 	<p>The 8 Top Tips -Eat less Fat -Eat less Sugar -Eat less Salt</p> <p>Content</p> <ul style="list-style-type: none"> Students will understand the role of fat in the diet and low-fat recipes. Students will be able to identify sugar content in foods and suggest alternatives. Students will understand how to calculate the sodium to identify foods which are high in salt. <p>Skills</p> <ul style="list-style-type: none"> Plan, prepare and cook dishes. Analyse and evaluate aspects of nutrition, food, cooking and preparation, including food made by themselves. <p>Practical Skills</p> <ul style="list-style-type: none"> 1. Knife Skills 2. Prepare fruits and vegetables. 3. Prepare combine and shape. 4. Select and adjust the cooking process. 5. Weight and measure. 6. Preparation on ingredients and equipment. 7. Water based methods of using the hob. 	<p>The 8 Top Tips -Get active and be a healthy weight -Do not get thirsty -Do not skip breakfast</p> <p>Content</p> <ul style="list-style-type: none"> Students will understand the recommendations for daily exercise. Students will understand the risks of being over or underweight. Students will understand the recommendations for hydration and tips to achieve this. Students will be able to recommend balanced breakfast ideas. <p>Skills</p> <ul style="list-style-type: none"> Plan, prepare and cook dishes. Analyse and evaluate aspects of nutrition, food, cooking and preparation, including food made by themselves. <p>Practical Skills</p> <ul style="list-style-type: none"> 1. Knife Skills 2. Prepare fruits and vegetables. 3. Prepare combine and shape. 4. Select and adjust the cooking process. 5. Weight and measure. 6. Preparation on ingredients and equipment.

<ul style="list-style-type: none"> • 4. Select and adjust the cooking process. • 5. Weight and measure. • 6. Preparation on ingredients and equipment. • 7. Water based methods of using the hob. • 8. Dry heat and fat-based methods using the hob. • 9. Using the oven. • 10. Test for readiness • 11. Judge and manipulate sensory properties. <p>Homework</p> <p>Homework evaluation sheets will be completed each week including sensory analysis.</p>	<ul style="list-style-type: none"> • 8. Dry heat and fat-based methods using the hob. • 9. Using the oven. • 10. Test for readiness • 11. Judge and manipulate sensory properties. <p>Homework</p> <p>Homework evaluation sheets will be completed each week including sensory analysis.</p>	<ul style="list-style-type: none"> • 7. Water based methods of using the hob. • 8. Dry heat and fat-based methods using the hob. • 9. Using the oven. • 10. Test for readiness • 11. Judge and manipulate sensory properties. <p>Homework</p> <p>Homework evaluation sheets will be completed each week including sensory analysis.</p>
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Year 10 Curriculum

Term 1	Term 2	Term 3
<p>Introduction to the course Macronutrients Micronutrients</p> <p>Content</p> <ul style="list-style-type: none"> • Students will understand the role of macro and micronutrients in the diet. • Students will understand the impact of excess and deficiency within the diet for macro and micronutrients. • Students will demonstrate high skilled methods of preparing dishes focusing on macro and micronutrients. <p>Homework</p> <p>Students will be given a range of homework tasks which prepare them for their NEA2 including sensory evaluation and time plans for dishes.</p>	<p>Nutritional needs and health Diet Related conditions</p> <p>Content</p> <ul style="list-style-type: none"> • Students will understand the different nutritional needs throughout life. • Students will understand special diets and how dishes can be modified to suit special diets. • Students will understand diet related conditions and how to adapt the diet to control conditions. • Students will create dishes which demonstrate the different nutritional needs of individuals. <p>Homework</p> <p>Students will be given a range of homework tasks which prepare them for their NEA2 including sensory evaluation and time plans for dishes.</p>	<p>Food Choice Food Science Food Safety</p> <p>Content</p> <ul style="list-style-type: none"> • Students will understand the factors which can affect food choice. • Students will understand cuisine from around the world. • Students will demonstrate knowledge of heat transfer and cooking food. • Students will show an understanding of the functional and chemical properties of food. • Students will understand principles of food spoilage and food safety. <p>Homework</p> <p>Students will be given a range of homework tasks which prepare them for their NEA2 including sensory evaluation and time plans for dishes.</p>

Year 11 Curriculum

Term 1	Term 2	Term 3
<p>NEA 1 Revision</p> <p>Content</p> <ul style="list-style-type: none"> • Task analysis • Research • Hypothesise • Plan of practical investigations • Carry out investigation • Analyse and evaluate • Revision of Macro and micronutrients. • Base line assessment <p>Homework</p> <p>Students will be given revision questions with their lessons to complete for homework. Students will also receive revision guides to complete in their own time.</p>	<p>NEA2 Revision</p> <p>Content</p> <ul style="list-style-type: none"> • Task analysis • Research • Trial dishes • Dish selection • Dish Preparation • Sensory Analysis • Costing • Nutritional Analysis • Overall performance • Revision of diet related conditions and Nutrition Needs • Practice questions <p>Homework</p> <p>Students will be given revision questions with their lessons to complete for homework. Students will also receive revision guides to complete in their own time.</p>	<p>Revision Exam Practice</p> <p>Content</p> <ul style="list-style-type: none"> • Revision of food choice • Food safety • Methods of cooking food • Past paper exam question practice <p>Final Exam (50% of overall grade)</p> <p>Homework</p> <p>Students will be given revision questions with their lessons to complete for homework. Students will also receive revision guides to complete in their own time.</p>