

CURRICULUM MAP: *Food Preparation and Nutrition*

*“We believe that every one of our students, regardless of background, is entitled to encounter the best that has been thought, said and done through a broad and ambitious curriculum.”*

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
<b>Year 11 Units</b>	Revision of key theory topics. NEA 1 Component Practical Food Science Experiment and Write up 15%.	Mock Exams Practical NEA 1 and Mock written exam NEA 1 Component Practical Food Science Experiment and Write up.	NEA 2 Practical Coursework Component 35%.		D – Diet FO – Food Origins FC – Food Choice FL – Food Labelling CPHS – Cooking, Preparation and Handling skills FS – Food Safety AL – Active Lifestyles	
<b>Key concepts</b>	D, CPHS, FS, AL	CPHS	FC, FO, CPHS, FS, D			
<b>Builds on</b>	Year 10 practical food science investigation.	Term 1 Revision topics.	Year 10 Mock NEA 2 and Terms 1 & 2 revision topics.			
<b>Leads to</b>	Mock Exams. Practical NEA 1 and mock written exam.	NEA 2 Practical Component.	Final revision for Written Paper. 50%			
<b>Year 10 Units</b>	Nutrition and Health Develop key practical cooking, preparation and handling skills.	Nutrition and Health Further develop key practical cooking, preparation and handling skills.	Food Spoilage and Food Safety  Foodbank Workshop	Food Origins – Where food comes from  Trip to Borough Market.	Factors affecting food choice  Research and Surveys – Field trip	Practical Exam Preparation Food Science Investigation
<b>Key concepts</b>	D, FO, FC, CPHS, FS, AL	D, FO, FC, CPHS, FS, A	FC, FL, CPHS, FS	FO, FL, D, CPHS	FC, FL, FS, D, CPHS	CPHS
<b>Builds on</b>	KS3 knowledge and skills.	Understanding from Term 1 and the Science Curriculum	Year 9 Knowledge of safe preparation, storage and handling of food.	Flavour combinations in Year 9 and skills developed throughout KS3 and Year 10.	Social, Moral, Ethical, Cultural, Religious and Allergenic reasons for food choice.	Knowledge gained in Year 10.  NEA 1 Mock Practical Science Investigation.
<b>Leads to</b>	Developing deeper understanding of Nutrition and Health and embedding basic practical skills.	An appreciation of health and diet for life. Food selection and choice.	Exploring food from around the world and to way that food is cooked and consumed.	Consideration of why we choose the foods that we do and what factors are at play.	Developing ideas for menu planning for NEA 2 assessment brief.	Term 1 and 2 Year 11 NEA 1 Brief Release September 1 <sup>st</sup> .
<b>Year 9 Units</b>	Safe and Independent Working in the	High Risk Foods and Preventing Cross Contamination	Cooking Methods	Components of a Healthy Diet	Complex skill development	Demonstration of practical skills, planning and evaluation.
<b>Key concepts</b>	FS, CPHS	FS, D, CPHS, FC	D, FC, CPHS, FS	D, FO, CPHS, FS, AL	CPHS, FS, FC	CPHS, D, FC, FL, AL
<b>Builds on</b>	Year 8 curriculum knowledge of health and safety and basic cooking skills, knife skills, use of the hob and weighing and measuring.	Knowledge of health and safety specifically related to high-risk foods. Allergens and intolerances.  Assessment #1 Practical	Develop understanding of different cooking methods to ensure food is safe to eat. Frying, Boiling, Poaching, Omelette. Coagulation of eggs. Macro and Micronutrients and their place in our diet.	Understanding of cooking methods. Develop knowledge of the components of a healthy balanced diet. Macronutrients and the Maillard reaction.  Assessment #2 Practical	Previous cooking skills by using a number of processes to complete 1 dish. Create a healthy 1 portion meal – considering substitutions and healthy additions or alternatives.	Knowledge gained throughout the year how to work with high-risk foods and combine more than 1 skill or process in a dish. Understanding portion size. Assessment #3 Practical and Written.
<b>Leads to</b>	Developing an understanding of working with high-risk foods.	Working with another high-risk food and methods of cooking for safety. Components of diet Micronutrients.	Components of diet Macronutrients and the Maillard reaction.	Deepening understanding of cooking methods with more than 1 skill in the dish.	Assessment of CPHS and understanding of working with high-risk foods.	Option of taking Food Preparation and Nutrition at GCSE level.



<b>Year 8 Units</b>	Working Safely in the kitchen	High Risk Foods and Preventing Cross Contamination	Cooking Methods and Effects on Health	Health Benefits of Home Cooking	Nutrition and Foods from Around the World	Sensory Analysis and Preventing Food Waste
<b>Key concepts</b>	D, FS, CPHS	FS, D, CPHS, FC	D, FC, CPHS, AL	D, FC, CPHS, AL	D, FO, FC, CPHS	FS, FC, CPHS, FL
<b>Builds on</b>	Prior knowledge from year 7 Health and Safety and methods of cooking	Knowledge of health and safety specifically related to high-risk foods. Allergens and intolerances. <b>Assessment #1 Practical</b>	Prior knowledge of Eatwell plate from key stage 2 and 3	Prior experience of cooking at home / with family and practical lessons in previous terms <b>Assessment #2 Practical</b>	Knowledge from foods around the world (year 7) and presentation upskilling	Practical skills: mise en place / use of kitchen equipment in previous terms <b>Assessment #3 Practical and Written.</b>
<b>Leads to</b>	Practical application of working hygienically in the kitchen	Working with another high-risk food and methods of cooking for safety. Components of diet Micronutrients	Health and nutritional guidelines and how to prepare homemade family dishes	Increasingly technical dish preparation and the function of ingredients in a recipe	Sensory analysis and evaluation of dishes prepared and working independently	Working independently, including planning, preparation and presentation of dishes
<b>Year 7 Units</b>	Introduction to Food Preparation and Nutrition	High risk foods	Healthy eating	Benefits of home cooking	Foods from around the world	Sensory Analysis
<b>Key concepts</b>	D,FS,CPHS	FS,D,CPHS,FC	D,FC,CPHS,AL	D,FC,CPHS,AL	D,FO,FC,CPHS	FS,FC, CPHS, FL
<b>Builds on</b>	Prior knowledge from KS2 or knowledge gained from home.	Knowledge of health and safety specifically related to high-risk foods. <b>Assessment #1 Practical</b>	Prior knowledge of Eatwell plate from key stage 2 and 3	Prior experience of cooking at home / with family and practical lessons in previous terms <b>Assessment #2 Practical</b>	Knowledge from foods around the world and presentation upskilling	Practical skills: mise en place / use of kitchen equipment in previous terms <b>Assessment #3 Practical and Written.</b>
<b>Leads to</b>	H&S/ High Risk food. Routines in lesson.	Eatwell Plate. Methods of cooking.	Home cooking benefits. Health and food.	Food from around the world. Culture exploration.	Sensory Analysis	Working independently. Pre planning a meal.