

D&T Food Preparation and Nutrition Curriculum Map



Year		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
7	Knowledge and Skills	Practical skills: Health and safety, knife skills, weighing and measuring, safe use of the kettle, safe use of the oven and hob (baking, frying, simmering, boiling). Knowledge: Bacteria growth and cross contamination, healthy eating guidelines, the Eatwell Guide, the NHS healthy eat tips.	Practical skills: Continuing to build on skills developed in Term 1 along with rubbing in method, coating and pastry making. Knowledge: Planning a balanced meal, the importance of fibre, diet related health conditions.	Alternative DT subject on rotation Textiles – Food - Product Design		Alternative DT subject on rotation Textiles – Food - Product Design	
	Assessment	Verbal feedback on practical skills throughout the term in addition to formative assessment and feedback on NHS healthy eating tips theory questions.	Verbal feedback on practical skills throughout the term Written assessment				
8	Knowledge and Skills	Practical skills: Knife skills, weighing and measuring, frying, shaping a mixture, simmering, boiling, baking, making and shaping dough. Knowledge: How the following factors affect food choice: money available, culture, food labelling and branding, seasonality.	Practical skills: Continuing to build on the skills developed in Term 1 along with making healthy versions of convenience / fast foods. Knowledge: How the following factors affect food choice: religion, allergies / intolerances, ethics.	Alternative DT subject on rotation Textiles – Food - Product Design		Alternative DT subject on rotation Textiles – Food - Product Design	
	Assessment	Verbal feedback on practical skills throughout the term in addition to formative assessment and feedback on food labelling theory questions.	Verbal feedback on practical skills throughout the term. Written assessment				
9	Knowledge and Skills	Knowledge: - Macro Nutrients - Protein – function and sources - HBV Proteins - LBV Proteins - Fats – function and sources - Saturated fats - Unsaturated Fats - Trans Fats - Carbohydrates - Starchy carbohydrates - Sugary simple carbohydrates Skills: - Focaccia bread - Chelsea buns - Soya Mince & Vegetable Samosa	Knowledge: - Micronutrients - Vitamins - Fat soluble vitamins - Water soluble vitamins - Minerals - Macro Minerals - Micro minerals Skills: -Pineapple upside down cake - Vegetable Ratatouille & Pasta - Creole gumbo	Alternative DT subject on rotation Textiles – Food - Product Design		Alternative DT subject on rotation Textiles – Food - Product Design	
	Assessment	Practical skills: Chelsea bun Knowledge: Exam style Macro Nutrients	Practical skills: Ratatouille & pasta or Creole gumbo Written assessment: Exam style Question Macro & Micronutrients				
10	Knowledge and Skills	Knowledge: - Macro and micronutrients - Dietary needs of different age groups - Diet related health conditions - Diet and lifestyle Skills: - Shortcrust and puff pastry - Creme patisserie - Deboning chicken	Knowledge: -Practice Non-Exam Assessment 2 - Researching and planning a 3 course menu related to a task set by the exam board Skills: -Trial dishes based on research and planning - Cooking final menu independently	Knowledge: - Food science: fat, cry and water based cooking methods - Food science: Maillard reaction, fats, gelatinisation, caramelisation - Food science: Coagulation, denaturation, gluten formation Skills:	Knowledge: -Practice Non-Exam Assessment 1 - Researching and investigating a chemical reaction related to a task set by the exam board - Evaluating final investigations Skills:	Knowledge: -Food commodities: cereals, meat, milk and cheese, fruit and vegetables, butter and oil Skills: -Swiss roll - Bread plait - Sushi - Lattice pastry	Knowledge: -Technological developments in food production: food developing, new foods, fortification, GM foods Skills: -Sauce making

				- Mini quiches - Meringues - Bread dough	-Carry out investigations based on research and planning		
	Assessment	Practical skills: Deboning chicken Knowledge: Exam Style Question Dietary Needs of Different Age Groups	Written test: Theory knowledge covered in yr 9 and 10 Non-Exam Assessment: Written and practical element is marked and feedback given	Practical skills: Meringues Knowledge: Exam Style Question Gelatinisation	Non-Exam Assessment: Written and practical element is marked and feedback given	Practical skills: Knowledge: Exam Style Question Food Commodities – Fruit and Vegetables	Written test: End of year test assessing all knowledge covered
11	Knowledge and Skills	Knowledge: - Non-Exam Assessment 1 - Researching and investigating a chemical reaction related to a task set by the exam board - Exam content: macronutrients Skills: -Carry out investigations based on research and planning	Knowledge: - NEA1: Evaluating final investigations - Exam content: micronutrients, nutritional needs of different age groups Non-Exam Assessment 2: - Researching and planning a 3 course menu related to a task set by the exam board Skills: - Complex skill recap: deboning chicken	Knowledge: NEA2:- Plan trial dish 1 and 2 -Evaluate trial dishes - Write shopping list / timeplan for final menu Exam content: - Planning meals for different groups, heat transfer methods, food science (proteins) Skills: -Trial dish 1 and 2	Knowledge: NEA2: Finish planning final menu -Analyse and evaluate final menu Exam content: Food science (carbohydrates / fats), bacteria growth, food poisoning Skills: -Prepare and cook a 3 course menu in 3 hours (final cooking assessment)	Knowledge: -Food production methods - Food security - Food choice - Sensory testing Skills: -Exam techniques	
	Assessment	Skills: NEA feedback Knowledge: Exam Style Question Macronutrients	Skills: NEA feedback Knowledge: Exam Style Question Micronutrients	Skills: NEA feedback Knowledge: Exam Style Question Heat Transfer Methods	Skills: NEA feedback Knowledge: Exam Style Question Bacteria Growth	Skills: Practice exam questions Knowledge: Food production methods	