

Food Preparation and Nutrition Curriculum Plan

KS3		
Year 7	Year 8	Year 9
Learning how to cook. Learning how to eat to stay healthy. Using and remembering the messages of the eat well guide. Learning how to weigh and measure accurately. Using ovens /hobs/knives safely. Food provenance and sustainability. Food career-based learning- the work of the dietitian. Practical work to include: Muffins Making bread Pasta and sauce Fruit crumble Cereal bar bites. Cooking potatoes. Making breakfast- cooking eggs.	Learning how to plan and make real meals for yourself. Knowledge of macronutrients. Revisit the eat well guide. Learning where food comes from. Sustainability in food. Understanding why we use particular ingredients when cooking. Practical work to include: Pizzas made with yeast raised dough. Layered salad Upside down cakes Spaghetti Bolognese Tomato soup Kebabs and cous-cous salad Cheesecake Chicken and chickpea curry	Cooking independently and for others. Macro and micronutrients. The nutrient and recipe function of ingredients and related food science. Catering for a group. Working with unusual ingredients. Cooking with accuracy and precision. Practical work to include: Thai curry and a timbale of rice Working with fish Bakewell tart traybake Swiss roll Burger and a bun Poaching eggs Pizza calzone Puff pastry Lasagne
KS4		
Year 10	Year 11	
Functions of ingredients. Processes and techniques. Learning to cook high skilled dishes all year Including:- Sauces: thickening through gelatinisation-roux sauce/reduction/emulsified Sponge cakes- whisked/creamed/all-in-one methods Pastries- shortcrust/puff/choux Meringues Raising agents- biological/-respiration of yeast/ chemical/mechanical raising agents. Setting with gelatine Finishing techniques-piping/ vegetable preparation with accuracy Preparing whole fish and meat. Tenderising and marinating protein. International foods: Curries/risotto/gnocchi Hygiene and safety. Macronutrients. Micronutrients. Life stages Sensory testing Additives. Planning diets for life stages. Processes and techniques. Learning to cook high skilled dishes Sustainability. Processes and techniques. Planning menus to show skills.	Intermittent revision and exam practise throughout the year. Controlled assessment project task 1 worth 15% of the overall grade, (September - November). Controlled assessment project task 2 worth 35% of the overall grade, (November -March). Final exam in June worth 50% of the overall grade.	