

## Curriculum Map

### Subject: FOOD PREPARATION & NUTRITION

		Autumn		Spring		Summer	
		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Year 7</b>	<b>Content, Knowledge &amp; Skills</b>	<u>Carousel 1</u> Review of KS2 cooking Safety and Hygiene Rules (P) Deli Salad The Eatwell Guide Soup analysis Macro and Micronutrients (P) Vegetable soup  <b>(P) Practical lessons</b>	Starchy Carbohydrate (P) Apple Crumble Dairy and Dairy alternatives (P) Pitta Pizza Packed with Protein (P) Fantastic fish cakes	Making Changes- Muffin Challenge (P) Breakfast muffins Factors affecting food choice (P) Sizzling Stir fry Plan a dish for a teenager (P) Cook your chosen dish (Bring in your own ingredients) Evaluation of your chosen dish (P) Cooking for the homeless	<u>Carousel 2</u> Review of KS2 cooking Safety and Hygiene Rules (P) Deli Salad The Eatwell Guide Soup analysis Macro and Micronutrients (P) Vegetable soup	Starchy Carbohydrate (P) Apple Crumble Dairy and Dairy alternatives (P) Pitta Pizza Packed with Protein (P) Fantastic fish cakes	Making Changes- Muffin Challenge (P) Breakfast muffins Factors affecting food choice (P) Sizzling Stir fry Plan a dish for a teenager (P) Cook your chosen dish (Bring in your own ingredients) Evaluation of your chosen dish (P) Cooking for the homeless
	<b>Prior Knowledge</b>	Knowledge of healthy eating, limited experience with kitchen equipment	Use of knives and equipment Hygiene & safety in kitchens	Use of ovens & hob Improved cutting skills	Knowledge of healthy eating, limited experience with kitchen equipment	Use of knives and equipment Hygiene & safety in kitchens	Use of ovens & hob Improved cutting skills
	<b>Assessment</b>	Formative assessment- Q&A Observation of practical skills Review of own skills-Hygiene & safety & Knife skills	Bacteria & food storage Cooking practical's	Eatwell Guide & 5 food groups Cooking practical's	Hygiene & safety Knife skills	Bacteria & food storage Cooking practical's	Eatwell Guide & 5 food groups Cooking practical's

		Summative assessment- Eatwell Guide					
	<b>Key Vocabulary</b>	Hygiene, equipment names Bacteria Disinfection Hazard Contamination Hygiene Simmer	Bridge & claw hold Bacteria Danger zone Dextrinisation Inorganic Allergens Grill Ethical beliefs Protein Carbohydrate	sensory analysis Sensory Characteristics Annotate Culture Social Environmental Food preferences Evaluate	Hygiene, equipment names Bacteria Disinfection Hazard Contamination Hygiene Simmer	Bridge & claw hold Bacteria Danger zone Dextrinisation Inorganic Allergens Grill Ethical beliefs Protein Carbohydrate	sensory analysis Sensory Characteristics Annotate Culture Social Environmental Food preferences Evaluate
	<b>Enrichment/ Co-Curricular offer</b>	Ingredient prep & recipes for home.	Link to bacteria in science Ingredient prep & recipes for home.	Ingredient prep & recipes for home.	Ingredient prep & recipes for home.	Link to bacteria in science Ingredient prep & recipes for home.	Ingredient prep & recipes for home. Cooking for the Homeless
<b>Year 8</b>	<b>Content, Knowledge &amp; Skills</b>	<b><u>Carousel 1</u></b> Diet and Nutrition (P) Savoury rice The energy balance (P) Mini carrot cakes Functions of ingredients- Cakes (P) Scones Raising agents  <b>(P) Practical lessons</b>	(P) Mini Quiche Why we cook food (P) Pizza wheels Maintaining a healthy diet (P) Pasta bake The digestive system	(P) Chilli con carne Food production and processing (P) Turkey burger Planning your own cook (P) Cook your chosen dish (Bring in your own ingredients) Evaluation of chosen dish	<b><u>Carousel 2</u></b> Diet and Nutrition (P) Savoury rice The energy balance (P) Mini carrot cakes Functions of ingredients- Cakes (P) Scones Raising agents	(P) Mini Quiche Why we cook food (P) Pizza wheels Maintaining a healthy diet (P) Pasta bake The digestive system	(P) Chilli con carne Food production and processing (P) Turkey burger Planning your own cook (P) Cook your chosen dish (Bring in your own ingredients) Evaluation of chosen dish
	<b>Prior Knowledge</b>	Basic kitchen skills from Yr 7 Eatwell Guide	Use of oven & hob	Increasing experience of cooking sweet & savoury dishes	Basic kitchen skills from Yr 7 Eatwell Guide	Use of oven & hob	Increasing experience of cooking sweet & savoury dishes
	<b>Assessment</b>	Eatwell Guide & healthy diet	Identifying cooking methods	Dish for a teenager Cooking practical's			

		Macro & micronutrients Cooking practical's	Cooking practical's				
	<b>Key Vocabulary</b>	Excretion Kilojoules (KJ) Kilocalories (kcal) Basal metabolic rate (BMR) Hygiene Biological Chemical Simmer	Conduction Convection Radiation Blanching Poaching Roasting Dextrinisation Inorganic Allergens Grill Ethical beliefs Protein Carbohydrate	Sensory Characteristics Annotate Culture Social Environmental Food preferences Evaluate	Excretion Kilojoules (KJ) Kilocalories (kcal) Basal metabolic rate (BMR) Hygiene Biological Chemical Simmer	Conduction Convection Radiation Blanching Poaching Roasting Dextrinisation Inorganic Allergens Grill Ethical beliefs Protein Carbohydrate	Sensory Characteristics Annotate Culture Social Environmental Food preferences Evaluate
	<b>Enrichment/ Co-Curricular offer</b>	Ingredient prep & recipes for home.	Link to heat transfer in science Ingredient prep & recipes for home.	Ingredient prep & recipes for home.	Ingredient prep & recipes for home.	Link to heat transfer in science Ingredient prep & recipes for home.	Ingredient prep & recipes for home.
<b>Year 9</b>	<b>Content, Knowledge &amp; Skills</b>	<b>Carousel 1</b> Nutritional Needs at different life stages (P) Mushroom and bacon risotto Health and Diet related conditions (P) Healthy Muffins Fortification and food additives (P) Cottage Pie Food labelling <b>(P) Practical lessons</b>	(P) Protein Flapjacks The role of advertising (P) Pasta Fiorentina Food provenance (P) Dutch Apple Cake Intensive vs Organic farming	(P) Savoury tart Food security and food poverty (P) Samosas International cuisine (P) Thai Green Curry Plan international dish (P) International cook (bring in ingredients for this lesson)	<b>Carousel 2</b> Nutritional Needs at different life stages (P) Mushroom and bacon risotto Health and Diet related conditions (P) Healthy Muffins Fortification and food additives (P) Cottage Pie Food labelling	(P) Protein Flapjacks The role of advertising (P) Pasta Fiorentina Food provenance (P) Dutch Apple Cake Intensive vs Organic farming	(P) Savoury tart Food security and food poverty (P) Samosas International cuisine (P) Thai Green Curry Plan international dish (P) International cook (bring in ingredients for this lesson)

	<b>Prior Knowledge</b>	Yr 8 experience of food preparation & Eatwell Guide	Appliances links to cooking methods in Yr 8.	Sensory analysis Yr 7 & 8.	Yr 8 experience of food preparation & Eatwell Guide	Appliances links to cooking methods in Yr 8.	Sensory analysis Yr 7 & 8.
	<b>Assessment</b>	Nutritional needs and health & diet related conditions Cooking practicals	Food labelling & food choices Cooking practicals	Food provenance, international cuisine Cooking practicals	Nutritional needs and health & diet related conditions Cooking practicals	Food labelling & food choices Cooking practicals	Food provenance, international cuisine Cooking practicals
	<b>Key Vocabulary</b>	Macro Micro Nutrient Coeliac Lactose intolerance Obesity Cardiovascular Rickets Osteoporosis Decay Anaemia Diabetes Coeliac	Fortification Additives Food Miles Carbon Footprint Intensive/ Organic Farming	Automation Intensive/ Organic Farming Food Provenance Sustainability Food Security Genetically Modified foods	Macro Micro Nutrient Coeliac Lactose intolerance Obesity Cardiovascular Rickets Osteoporosis Decay Anaemia Diabetes Coeliac	Fortification Additives Food Miles Carbon Footprint Intensive/ Organic Farming	Automation Intensive/ Organic Farming Food Provenance Sustainability Food Security Genetically Modified foods
	<b>Enrichment/ Co-Curricular offer</b>	Link to science for healthy eating Ingredient prep & recipes for home.	Link to advertising for Life / media Ingredient prep & recipes for home.	Links to geography for food miles & international cuisine Ingredient prep & recipes for home.	Link to science for healthy eating Ingredient prep & recipes for home.	Link to advertising for Life / media Ingredient prep & recipes for home.	Links to geography for food miles & international cuisine Ingredient prep & recipes for home.
<b>Year 10</b>	<b>Content, Knowledge &amp; Skills</b>	Introduction to GCSE course  Recap Eatwell Guide & food groups  Nutritional values and functions	British and international cuisines. Food choice  Cultural differences, regional food types	Functions and science of ingredients  NEA 1 practice – food investigation (e.g. sauces, raising agents, emulsions)	Food hygiene and safety  Food preparation, storage and bacterial contamination	Food choice and provenance  Factors affecting food choice.  Labelling and market influences	Environmental aspects of food production and processing.  Food presentation and styling  Menu planning



	<p>Macro food groups and function</p> <p>12 preparation skills</p> <p>Diet, lifestyle &amp; health related conditions</p> <p>Proteins &amp; carbohydrates</p> <p>Enzymic browning</p> <p>Fats and oils</p> <p><b>Practicals:</b> Bread rolls Developed bread Fish pie Mousse – air in liquid Enriched bread dough</p>	<p>More complex preparation &amp; cooking skills</p> <p>Functional and chemical properties of macronutrients</p> <p>Making fresh pasta &amp; sauces</p> <p>Sensory evaluation</p> <p><b>Practicals:</b> Courgette muffins Roast mediterranean tart Smoked mackerel pate Crunchy watercress and orange salad</p> <p>Design own healthy dish /options International cuisine – pasta making Homemade pasta dish / lasagne</p>	<p>Cooking methods and heat transfer.</p> <p><b>Practicals:</b>  Emulsions / dressings Setting agents Pastry lamination Dev. pastries</p>	<p>Micro-organisms, enzymes, and food spoilage</p> <p>Buying, storing and packaging of food.</p> <p>Safety and hygiene in preparing, cooking and serving food</p> <p><b>Practicals:</b> NEA 2 practice Chicken dish Mayonnaise Kebabs and flat breads</p>	<p>Food sources, grown, reared caught. Intensive / organic farming, GM, role of automation</p> <p>Fairtrade products</p> <p>Fortification, additives &amp;</p> <p>Bread making – role of gluten</p> <p><b>Practicals:</b> Tarte tatin Hot water crust savoury pies Fair trade product</p>	<p><b>Practicals:</b> Lemon meringue pie Profiteroles Lemon drizzle cake</p>
<b>Prior Knowledge</b>	Yr 8 macro / micronutrients Yr 9 diet & lifestyle	Yr 9 international cuisine Yr 8 fats & oils	Yr 8 cooking methods & heat transfer	Yr 7 food hygiene & storage	Yr 9 food provenance	Yr 8 & 9 menu planning
<b>Assessment</b>	Diet & lifestyle Recall, retention tasks	Recall, retention practice exam	NEA 1 practice task Recall, retention tasks	Food safety & hygiene	Summative assessment-NEA 2 practice task	Summative assessment- End of year exam



		Cooking practical's	questions- Macro & micronutrients Cooking practical's	Cooking practical's	Recall, retention tasks Cooking practical's	Recall, retention tasks Cooking practical's	
	<b>Key Vocabulary</b>	Vitamin & mineral types Diet related health conditions	Kitchen & food processing equipment	Cooking methods, conduction, convection & radiation	Bacteria types, enzymes, food storage methods	Food provenance, intensive, organic, GM	Processed foods, additives, shelf life
	<b>Enrichment/ Co-Curricular offer</b>	Ingredient prep & recipes for home.	Ingredient prep & recipes for home.	Ingredient prep & recipes for home.	Ingredient prep & recipes for home.	Ingredient prep & recipes for home.	Recipes for home
<b>Year 11</b>	<b>Content, Knowledge &amp; Skills</b>	NEA 1 – Food investigation  Food science investigation on AQA context  Research and technical skills	NEA 1 – Food investigation  Practical food experiments, recording & analysing data  Analysis & presentation skills	NEA 2 - Food preparation  Research, practice technical skills, time planning, presentation & food styling	NEA 2 - Food preparation  NEA practical assessment, nutritional & sensory evaluation.  Exam preparation	Exam technique and preparation	
	<b>Prior Knowledge</b>	Yr 10 - NEA 1 practice	Yr 10 - NEA 1 practice	Yr 10 –NEA 2 practice	Yr 10 –NEA 2 practice		
	<b>Assessment</b>	NEA 1	Summative assessment NEA 1 and Mock exam 1	NEA 2 Summative assessment- Mock exam 2	Summative assessment NEA 2	Summative assessment- External Exam	
	<b>Key Vocabulary</b>	Linked to AQA food investigation	Linked to AQA food investigation	Linked to AQA food preparation	Linked to AQA food preparation Exam command words		
	<b>Enrichment/ Co-Curricular offer</b>	NEA preparation & practice, lunchtime & afterschool interventions	NEA preparation & practice, lunchtime & afterschool interventions	NEA preparation & practice, lunchtime & afterschool interventions	Exam preparation & practice interventions		

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