

Curriculum Overview |



What will my child learn in Food Preparation and Nutrition

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 5
Year 7	<p>Cooking and Nutrition Baseline test – what do students know already?</p> <p>Introduction to the Eatwell guide and healthy eating.</p> <p>Introduction – safety and hygiene in the food rooms.</p> <p>Intro to safe and correct use of equipment.</p> <p>Combination of practical and theory work.</p>	<p>Reinforcing and developing knowledge of diet.</p> <p>Focus on function of ingredients. Reduction and shortening method.</p> <p>Embedding good routines in practical lessons.</p> <p>Homework on AP1 revision will be set.</p> <p>Combination of practical and theory work.</p>	<p>AP1 written assessment.</p> <p>Introduction to macronutrients - carbs</p> <p>Introduction to gluten and its function of ingredients</p> <p>Safe and correct use of equipment and good routines in practical lessons.</p> <p>Combination of practical and theory work.</p>	<p>Introduction to macronutrients - proteins</p> <p>Homework on AP1 revision will be set.</p> <p>Safe and correct use of equipment and good routines in practical lessons</p> <p>Combination of practical and theory work.</p>	<p>Introduction to macronutrients - Fats</p> <p>Safe and correct use of equipment and good routines in practical lessons</p> <p>AP2 written assessment.</p> <p>Combination of practical and theory work.</p>	<p>Embedding macronutrients</p> <p>Food waste and leftovers</p> <p>Safe and correct use of equipment and good routines in practical lessons</p> <p>Combination of practical and theory work.</p>
Year 8	<p>Continued development of safe and correct use of equipment</p> <p>Sensory analysis Function of ingredients. Rubbing in/melting/creaming methods.</p> <p>Food safety – high risk foods</p> <p>Combination of practical and theory work.</p>	<p>Continued development of safe and correct use of equipment</p> <p>Food safety continue.</p> <p>Embedding macronutrients in our diets</p> <p>Homework on AP1 revision will be set.</p> <p>Combination of practical and theory work.</p>	<p>Continued development of safe and correct use of equipment</p> <p>Staple foods Sugars/starch/fibre</p> <p>Embedding macronutrients in our diets</p> <p>Combination of practical and theory work.</p>	<p>Continued development of safe and correct use of equipment</p> <p>Reducing sugars in our diets.</p> <p>Embedding macronutrients in our diets</p> <p>Combination of practical and theory work.</p>	<p>Continued development of safe and correct use of equipment</p> <p>Introduction to micronutrients</p> <p>Food waste and leftovers</p> <p>Combination of practical and theory work.</p>	<p>Continued development of safe and correct use of equipment</p> <p>Embedding micronutrients</p> <p>Seasonality.</p> <p>Combination of practical and theory work.</p>

<p>Year 9</p>	<p>Continued development of safe and correct use of equipment</p> <p>Function of pastry ingredients; shaping ingredients/presentation.</p> <p>Raising agents</p> <p>Combination of practical and theory work.</p>	<p>Continued development of safe and correct use of equipment</p> <p>Raising agents continued</p> <p>Gelatinisation and gelation</p> <p>Homework on AP1 revision will be set.</p> <p>Combination of practical and theory work.</p>	<p>Continued development of safe and correct use of equipment</p> <p>Food choices – cultures/diets/allergies/moral</p> <p>Embedding micronutrients</p> <p>Combination of practical and theory work.</p>	<p>Continued development of safe and correct use of equipment</p> <p>Embedding micronutrients</p> <p>Combination of practical and theory work.</p>	<p>Continued development of safe and correct use of equipment</p> <p>Traffic lights/reading food labels.</p> <p>Embedding micronutrients</p> <p>Combination of practical and theory work.</p>	<p>Continued development of safe and correct use of equipment</p> <p>Food waste and leftovers</p> <p>Seasonality.</p> <p>Combination of practical and theory work.</p>
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What will my child learn in GCSE Food Preparation and Nutrition

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	<p>Introduction to Macro nutrients – Protein and Fat, their functions in the body, sources, and the effects of deficiency.</p> <p>Looking at macro nutrients functional and chemical properties of food.</p> <p>Combination of theory and teacher led practical work to demonstrate principles, skills and understanding group and independent work.</p>	<p>API written mock paper</p> <p>Macronutrients continue. Focus on Carbohydrates their functions in the body, sources, and the effects of deficiency.</p> <p>Looking at macro nutrients functional and chemical properties of food.</p> <p>Combination of theory and teacher led practical work to demonstrate principles, skills and understanding group and independent work.</p>	<p>Introduction to micronutrients and antioxidants. Sources, types, deficiency, functions?</p> <p>Combination of theory and teacher led practical work to demonstrate principles, skills and understanding group and independent work.</p>	<p>Energy needs. BMR, PAL, energy balance, health, and diet related disease</p> <p>Food choice – factors affecting food choice, British and international cuisine.</p> <p>Cooking of food and heat transfer.</p> <p>Combination of theory and teacher led practical work to demonstrate principles, skills and understanding group and independent work.</p>	<p>Food provenance Environmental impact and sustainability, processing, and production.</p> <p>Seasonality, organic, GM, climate, carbon footprint, waste, fair trade.</p> <p>Combination of theory and teacher led practical work to demonstrate principles, skills and understanding group and independent work.</p>	<p>Food spoilage and contamination principles of food safety.</p> <p>NEA 2 mock written exam</p> <p>Combination of theory and teacher led practical work to demonstrate principles, skills and understanding group and independent work.</p>
Year 11	<p>NEA 1 released 1st September 15% of the Final grade:</p> <p>Food science experiment Including research, hypothesis, methodology, experiment and conclusion.</p> <p>Homework on revision topics set in line with the mock paper they will sit in November.</p>	<p>Mock exam 1</p> <p>NEA 2 brief released 1st November. Worth 35% of the final grade.</p> <p>Begin research for NEA2. Begin trailing techniques for Section B.</p> <p>Homework on revision topics set in line with the mock paper they will sit in February.</p>	<p>Continuation of trailing for NEA 2 final choices.</p> <p>NEA2 Planning for assessment in preparation for 3-hour practical assessment at start of term 3.</p> <p>Homework on revision topics set in line with the mock paper they will sit in February.</p>	<p>3-hour practical assessment first week of term.</p> <p>Mock exam 2.</p> <p>Complete NEA 2 assessment.</p>	<p>Targeted revision for the GCSE Exam 50% of the final grade.</p> <p>Final exams homework guided revision for the final exam.</p>	