



Summary Curriculum Plan

FOOD PREPARATION AND NUTRITION

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Topics	Topics	Topics	Topics	Topics	Topics
Year 7	Taught on an 8 week carousel with Design & Technology, Art: Textiles and Critical Thinking. Food Technology - Healthy Lunches: Basic Food Hygiene and Safety, use of basic preparation equipment, basic use of the cooker and hob and basic Healthy Eating.					
Year 8	Taught on an 8 week carousel with Design & Technology, Art: Textiles and Critical Thinking. Food Technology - 'Fakeaway'- Looking at healthy homemade options to popular fast food/takeaway meals. Focus to build on the knowledge of Hygiene and Safety, use of the Cooker, basic Nutrition, Healthy Eating, Nutritional analysis, Food analysis.					
Year 9	Multicultural Influences. Students study and develop skills in a experiencing cooking a variety of multicultural dishes. Introduction to the main nutrients for a healthy balanced diet. To identify the main factors that affect dietary needs throughout different life stages. A	Multicultural Influences. Students study and develop skills in a experiencing cooking a variety of multicultural dishes. Introduction to food and environment, food labelling and organic food. To build confidence in utilising a variety of tools and equipment.	Functions of Ingredients. A introduction to the function of ingredients by testing its properties with simple experimentation. Mid year formal assessment.	Functions of Ingredients. A introduction to the function of ingredients by testing its properties with simple experimentation. Looking at careers in the Food industry.	Cooking with high risk foods- Eggs. Students are to study and develop skills in a experiencing cooking a variety of dishes using eggs. The construction and nutrition of eggs.	End of year Assessment , Salt, and nutrients in food. Mini NEA: Festival Food. Dietary requirements, and who to adapt recipes and cook food suitable for specific requirements.

	introduction to sensory analysis and evaluative techniques.					
<i>Year 10</i>	Introduction to the course, the specification, main nutrients, vitamins and minerals for a healthy balanced diet.	Sensory analysis, mini NEA 1 To identify the main factors that affect dietary needs throughout different life stages.	Why the body needs energy, Basal Metabolic Rate, how food relates to physical activity, Kilocalories, diet related diseases,	Why food is cooked, heat transfer, methods of cooking, protein denaturing and coagulation.	Food science	Practice NEA 2 - To research, plan, prepare and make a 2 course meal based on teacher led challenge.
<i>Year 11</i>	GCSE NEA 1	GCSE NEA 1	GCSE NEA 2	GCSE NEA 2 and Revision of theory	Revision of theory	