

# Curriculum (Food Preparation and Nutrition) Overview



*Believe, Succeed, Together*

2018

## Year 7 Food Preparation and Nutrition

	Autumn Term	Spring Term	Summer Term
Topics	The Eatwell guide Food hygiene Knife skills Sensory evaluation Macro nutrients - Carbohydrates Energy balance	Heat transfer Macro nutrients – Protein Protein complementation Function of ingredients in Bread Emulsions	Structure and function of Eggs Milk processing Cheese Ingredients in cake making
Assessment	<u>Practical</u> Fruit salad Winter Minestrone soup  <u>Summative</u> Hygiene assessment Macro nutrients assessment  <u>Homework</u> Sensory analysis of food sheet Seasonality sheet	<u>Practical</u> Bread rolls Tabbouleh  <u>Summative</u> Energy bar annotation Food science assessment  <u>Homework</u> Food labelling sheet Bread sheet	<u>Practical</u> Small cakes Glace icing  <u>Summative</u> Small cakes recall test Dairy assessment  <u>Homework</u> Egg sheet Cakes sheet
Resources	Pupil booklet Homework sheets  Ingredients for demonstrations	Pupil booklet Homework sheets  Ingredients for demonstrations	Pupil booklet Homework sheets  Ingredients for demonstrations

## YEAR 8 Food Preparation and Nutrition

	Autumn Term	Spring Term	Summer Term
Topics	Micronutrients Deficiencies and excesses Bread making - Enriched bread The role of gluten Vegetarians	Food choice World foods Gelatinisation Sustainable fishing	Cuts of Meat Functions of ingredients in biscuits Shortening Chocolate production
Assessment	<u>Practical</u> Pizza bases Fruit plaits  <u>Summative</u> Pizza annotation Micro nutrients assessment  <u>Homework</u> Nutrient sheet Vegetarian sheet	<u>Practical</u> Sweet and sour chicken Savoury twists  <u>Summative</u> Sustainability assessment Chill con carne assessment  <u>Homework</u> World foods sheet Sustainability sheet	<u>Practical</u> Gingernut biscuits Decorating biscuits  <u>Summative</u> Burger annotation Function of ingredients (oat cookies)  <u>Homework</u> Meat sheet Chocolate sheet
Resources	Pupil booklet Homework sheets  Ingredients for demonstrations	Pupil booklet Homework sheets  Ingredients for demonstrations	Pupil booklet Homework sheets  Ingredients for demonstrations

	<b>Autumn Term</b>	<b>Spring Term</b>	<b>Summer Term</b>
<b>Topics</b>	British foods Seasonality Special diets Religions Celebrations	Food choice – Multicultural food Italian food Food labelling Heat transfer	Asian food Raising agents Function of ingredients in cakes
<b>Assessment</b>	<u>Practical</u> Food Preparation Task (FPT) – Seasonal foods FPT – Special diets Cornish pasties  <u>Summative</u> Written assessment  <u>Homework</u> Time plan for FPT Seasonality sheet	<u>Practical</u> American pancakes  <u>Summative</u> Heat transfer assessment  <u>Homework</u> Religious and cultural beliefs sheet	<u>Practical</u> FPT – Asian foods Sushi FPT – Creative baking  <u>Summative</u> Raising agents assessment  <u>Homework</u> Timeplan for FPT Aeration sheet
<b>Resources</b>	AQA GCSE Food Preparation and Nutrition Textbooks  Worksheets  Ingredients for demonstrations	AQA GCSE Food Preparation and Nutrition Textbooks  Worksheets  Ingredients for demonstrations	AQA GCSE Food Preparation and Nutrition Textbooks  Worksheets  Ingredients for demonstrations

## YEAR 9 Food Preparation and Nutrition

## YEAR 10 Food Preparation and Nutrition

	Autumn Term	Spring Term	Summer Term
Topics	Macro nutrients Micro nutrients Functional properties of protein (coagulation, denaturation) Portion sizes Life stages	Energy, BMR Diet related disease Denaturation, coagulation, foam formation Enzymic browning, oxidation Raising agents	Pathogenic bacteria Non pathogenic bacteria Primary processing Secondary processing Preparation for mock examination
Assessment	<u>Practical</u> FPT – Cake high in fibre FPT – Soup and bread  <u>Summative</u> Micro nutrients assessment  <u>Homework</u> Timeplan for FPT task Micro nutrients sheet	<u>Practical</u> FPT – Diet related disease FPT – Enriched bread product  <u>Summative</u> Diet related disease presentation  <u>Homework</u> Timeplan for FPT task Food science sheet	<u>Practical</u> Fresh ravioli  <u>Summative</u> Written assessment  <u>Homework</u> Bacteria worksheet Timeplan for mock exam
Resources	AQA GCSE Food Preparation and Nutrition Textbooks  Worksheets  Ingredients for demonstrations	AQA GCSE Food Preparation and Nutrition Textbooks  Worksheets  Ingredients for demonstrations	AQA GCSE Food Preparation and Nutrition Textbooks  Worksheets  Ingredients for demonstrations

## YEAR 11 Food Preparation and Nutrition

	Autumn Term	Spring Term	Summer Term
Topics	<p>NEA 1 – Food Investigation Task</p> <p>NEA 2 – Food Preparation Task</p>	<p>NEA 2 – Food Preparation Task</p> <p><u>Revision</u></p> <p>Food Nutrition and Health</p> <p>Food Science</p> <p>Food Safety</p> <p>Food Provenance</p> <p>Food Choice</p>	<p><u>Revision</u></p> <p>Food Nutrition and Health</p> <p>Food Science</p> <p>Food Safety</p> <p>Food Provenance</p> <p>Food Choice</p>
Assessment	<p>NEA 1 will be marked and general feedback will be given to the group</p> <p>Mock examination</p>	<p>NEA 2 will be marked and general feedback will be given to the group</p>	
Resources	<p>Short 20 minute tasks focusing on key terms in preparation for the written examination</p>	<p>Short 20 minute tasks focusing on key terms in preparation for the written examination</p>	