



Curriculum Intent – (FOOD)

The purpose of our curriculum	The subject content sets out the knowledge, understanding and skills needed for food preparation and nutrition to ensure progression from key stage 3 national curriculum requirements and the development of further study to GCSE. It provides the framework within which awarding organisations create the detail of the subject specification. The curriculum will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.
How does the curriculum demonstrate progress?	Pupils use a variety of AFL including PLCs, unit tests and App Grids as well as written evaluations and photographic evidence of making. At Ks3 Pupils work towards the Award criteria which includes ‘Practical skills and cooking’, ‘Safety and food hygiene’ and ‘Healthy eating and nutrition’. At KS4 the OCR specification is followed.
How and why do you organise/sequence your curriculum in the way you do?	<p>Year 7 will have one lesson per fortnight, (6 per term) all year. They will follow the introduction to Food with the Let’s get cooking unit of work leading to the 1*Chef Award. Pupils will have an introduction to and gain an understanding of the concepts, principles and properties of diet & nutrition, food science and practical cooking skills.</p> <p>Year8s have had some experience of food lessons and will continue with food lessons one per fortnight, (6 per term) all year. They will work towards the 2* Chef Award. Pupils will gain further knowledge and understanding of the concepts and properties of diet & nutrition, food science and practical cooking skills.</p> <p>The year 9s did not have food in year 7 , have had one unit of food last year are recapping skills in the food practical area and completing the 2* Chef award before moving onto year 9 SOW. They will have one lesson per fortnight of food (6 per term) all year and they will cook predominately savoury dishes which will increase the knowledge of food safety, working properties of food and the opportunity to demonstrate safe and hygienic practice when preparing and cooking dishes.</p> <p>We will continue to provide ingredients for all pupils in 7 8 and 9. This has been successful. It has worked really well promoting positivity, group work and wellbeing. Year 10 and year 11 are following the OCR specification. Pupils will demonstrate knowledge and understanding of food science, diet and nutrition and practical skills whilst safely and effectively applying competent technical skills with a range of equipment and ingredients. Pupils will analyse and evaluate issues of food choice, provenance and food production. Pupils will cook predominately savoury dishes whilst learning the practical skills in preparation for NEA2 and develop their science based knowledge in preparation for the NEA1.</p>
How do skills develop over time?	PLCs have been introduced in all years for Food tech for theory and practical skills. We will continue to add PLCs for every unit of work. They have been useful in monitoring and providing opportunities for pupil self reflection and DIRT activities to address misconceptions and to be able to extend progress and knowledge together with verbal feedback and whole class feedback throughout with the use of practical logs.



What will be taught?	Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	7	<u>Year 7 Let's Get Cooking 6 lessons</u> ASS:PLC ASS: Food choice 'Hero' APP Grid Practical: snacks, fork biscuits, rock cakes. Theory: Hygiene & food safety intro (4 Cs) Healthy eating intro Cooking skills Cultural: Christmas cooking All pupils will have an intro to healthy eating in yr 7 with the eatwell guide LT1-4		<u>1* Award Let's Get cooking 6 lessons</u> ASS:PLC ASS: Complete 1* food award Theory work in booklet and award Criteria Practical: cookies, cheese straws. Theory: Weighing Healthy Eating: Eatwell Guide Food choice: Tasting, traffic lights & labels allergies & diets Cultural: pancakes & valentines day.		<u>Food Choice 6+ lessons</u> ASS: PLC or APP grid design ideas Top chef quiz Practical: Fairy cakes, cheese on toast (croque monsieur) Biscuit tasting session Exercise Theory: Food Choice Food culture Sensory analysis. Science: Dextrinisation Nutrition focus: Eatwell guide & 5aday, Guideline > more exercise	
	8	<u>Year 8 Where in the world? 6 lessons</u> ASS: Food Provenance Research APP Grid Practical: Cheese on toast, Chinese noodles, staple food of choice Theory: Food provenance: knowing where food comes from. Grown, reared and sourced. Cooking skills inc Hygiene & food safety (4cs), Cheese on toast skills> dextrinisation grating cheese Tom's Super Noodles skills> hob, kettle, peeling, portion, serving pasta/ rice/ coucous skills> kettle, portion, serving Chicken fried rice skills> hob, stir fry, veg prep (knife skills) meat safety Science methods of cooking Healthy eating: Nutrition focus on carbohydrates		<u>2* Wise Choices Award 6 lessons</u> ASS:PLC Booklet tasks Award criteria Practical: Apple crumble, cheese scones Scone dough Pizza & Pancakes Theory: Healthy eating: Eatwell Guide> Green & yellow sections. Nutrition focus: Fibre & vitamins Cooking skills: knife skills & dough making Apple crumble Skills> safety, knife skills, (bridge & claw) rubbing in, portion, layering, oven, reheating instructions Science oxidation Cheese scones Skills> safety, grater, dough, shaping, glazing, oven Science > Raising agents		ASS: PLC & Award criteria Top chef quiz Complete evaluation and booklet tasks for Wise Choices 2 * Award Theory: Food storage and safety Cultures & celebrations: Chinese guests Nutrition: Sandwich unit Food source: fish unit TBA: Practical: Layered dessert inc science for modified starch. Practical: Fruit kebabs or puddings inc science: oxidation Practical: design a staple food salad	



		Food provenance Staple foods Cultural All pupils will have an intro to healthy eating with the eatwell guide and 5aday campaign in yr 8 LT1-4	Cultural treats (xmas biscuits) Skills> rubbing in / creaming, shaping, batch, decoration, oven, presentation photo Science caramelisation Cultural: pancakes & valentines day.	
9		2* Wise Choices Award 6 lessons ASS:PLC Booklet tasks Mastery test Practical: Cheese on toast, Apple crumble, cheese scones, Theory: Healthy eating: Eatwell Guide> Green & yellow sections. Nutrition focus: Fibre & vitamins Cooking skills: knife skills & dough making Science : Dextinisation Raising agents Pupils will increase their knowledge of healthy eating with choices linking to the eatwell guide and the 8 guidelines. LT1-4	ASS: PLC inc practical Logs and Top Chef Q Award criteria for wise choices pizza Practical: Scone dough Pizza for award. Breakfast Unit Flapjacks, Smoothies, English Cooked breakfast. Cultural : Easter traditions & biscuits Nutrition ~ carbohydrates & vitamins, protein~ milk & dairy Science & Nutrition Carbohydrates~ Sugar Unit Food choice Science: Methods of cooking	Microwave Unit ASS: unit test Meals Practical: herby crumble, veg curry, pasta & ragu, Start to link with GCSE Spec: B Diet & health: different diets, health issues. Food choice: tasting, traffic lights. B4 Packaging & the Law C1 Science: Bread Unit B3 Food security ~ Fairtrade D2, A5, A6 Nutrition Protein: Eggs unit Meat Unit Fish Unit
10 . . Option only		Year 10 Intro to GCSE A01, A02, A04 B5 B6 Pizza/Dough making Multicultural ASS:Breakfast Unit Test ASS:Nutrition Knowledge theory & Test A7 Sugar unit inc C1 Science: cake C3 Equipment Pastry Unit, functions of ingredients, nutrition and sensory analysis.	Continue Pastry ASS: PLC & unit test A6 Fat inc science exp/ cooking methods ASS Fat unit test B1, B2 Staple Foods (potato unit) D4, B1, B3 Food provenance & seasonality ASS practise exam Q C1, Science: Gelatinisation C1 Bread Unit B3 Food security Fairtrade	B6 Nutritional Needs & Diet for different groups Soup task A5, A11 Protein: Meat, eggs, fish & vegetarian A01, A02, A03, A04 ASS: unit test & exam Q practise NEA Practise folder & Practical session. Revision



		Further knowledge gained for healthy eating by linking with the guidelines and nutritional focus LT1-4				Written end of year Exam DIRT	
	11	Year 11 A01, A02,A04 Year 10 Final exam Feedback/ DIRT Pupils on WORK EXPERIENCE Recap: practical skills cutting/ peeling etc Soup Task/ Protein/ vegetarian A5/B6	Intro to NEA 1 Practical experiment and folder write up. Intro to NEA2 Mock PPE Exams in Dec Cultural practical Timed practical skills	Continue NEA2 Practical Exam > Feb & folder work Ao3, A04	Complete NEA folder Another round of mock/ppe exams C1: Scientific Tasks C3: Food Safety Easter> all folders will be completed. Pupils will then start personal revision	A01, A02, A04 B6 Nutritional Needs & Diet concerns/ Tasks Theory Personal Revision Exam or in class question papers Use of TAGs from last year REVISION	
What key concepts /core skills / themes are covered each half term?	7	Introduction of practical cooking skills Following basic recipes Learning basic hygiene and food safety knowledge Intro to healthy Eating Completion of DATA/ Sainsbury Award		The relationship between diet & health: Healthy Eating including eatwell guide. Basic intro to nutrients. Food provenance, Food security and supply: Where our food comes from, how it is grown and how it is used.			
	8	Introduction of practical cooking skills Following basic recipes Learning basic hygiene and food safety knowledge Intro to healthy Eating Completion of DATA/ Sainsbury Award		The relationship between diet & health: Healthy Eating including eatwell guide and 5 a day campaign. Basic intro to nutrients. Food provenance, Food security and supply: Where our food comes from, how it is grown and how it is used.			
	9	The importance of breakfast. The relationship between diet & health. Nutritional needs of different groups. Healthy eating: main nutrients of carbs, vitamins and calcium. Wise choices when choosing our own food. Cultural influence on food choice.		The 8 Guidelines & how food choices impacts on health conditions			
	10	Develop confidence for skills in food preparation & nutrition Demonstrate safe cooking skills Develop knowledge of functional properties, chemical processes and nutritional content Develop knowledge of nutritional content of food. Understand and explore a range of ingredients and processes from different culinary traditions. Awareness of economic, environmental, ethical influences on food availability, production and diet/health choices.					



		Learners will develop an awareness of evaluate their choices and decision about their own diet and health			
	11	<p>Apply skills and knowledge of food preparation & nutrition</p> <p>Apply knowledge of functional properties, chemical processes and nutritional content. Making connections between theory and practice so learners can apply understanding of food nutrition and food science to practical cooking. Learners will evaluate their choices and decision about their own diet and health.</p> <p>.</p> <p>.</p>	<p>NEA1</p> <p>Learners are required through practical experimentation to investigate and evaluate an understanding of the working characteristics, functional and chemical properties of ingredients and use the findings of the investigation to achieve a result to the preparation and cooking of food</p>	<p>NEA2</p> <p>Learners are required to produce evidence of planning to demonstrate their ability to give clear reasons for choice of dishes, including identification of skills and techniques, sensory/nutritional choice, cost, food provenance and seasonality with reference to the task. Produce accurate recipes and timed plans, follow plans, organize resources, use equipment safely and independently, demonstrate a range of skills and techniques.</p> <p>Food prep, cooking and presentation skills, ICT skills, maths skills, sensory testing, photograph evidence and evaluation</p>	<p>OCR GCSE Food Preparation & Nutrition</p> <p>J309/01 J309/02 J309/04</p> <p>AO1 Demonstrate knowledge and understanding of nutrition, food, cooking and preparation</p> <p>AO2 Apply knowledge and understanding of nutrition, food, cooking and preparation.</p> <p>AO3 Plan, prepare, cook and present dishes, combining appropriate techniques.</p> <p>AO4 Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others.</p>