

Curriculum Map

Subject: FOOD PREPARATION & NUTRITION

		Autumn		Spring		Summer	
		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Content, Knowledge & Skills	Review of KS2 cooking experience Hazards in the kitchen Hygiene & safety (incl washing up) Finding & identifying equipment Basic knife skills Using oven & hob , controls & safety Practicals: Cutting skills Vegetable couscous salad – knife skills Mini carrot cakes – use of oven	Working in a commercial kitchen, PPE, food preparation, storage. Sensory analysis – use of radar charts Kitchen equipment & uses Further knife skills (bridge & claw) Food safety & bacteria, chill storage, 4C's Practicals: Chicken nuggets – food storage, use of ovens	Eatwell guide & 5 main food groups Proteins & healthy options Starchy carbohydrates, cereals, flour, potatoes (field to fork & uses) Food styling – beans on toast. Practicals: French pizza bread – grill & chopping skills Fruity flapjacks – sensory analysis Chicken nuggets Potato cakes Macaroni cheese – starch based sauce Burgers/veggie burgers - protein	Yr 7 Technology (see curriculum map)	Yr 7 Technology (see curriculum map)	Yr 7 Technology (see curriculum map)
	Prior Knowledge	Knowledge of healthy eating, limited experience with kitchen	Use of knives and equipment Hygiene & safety in kitchens	Use of ovens & hob Improved cutting skills			



		equipment					
	Assessment	Hygiene & safety Knife skills	Bacteria & food storage Cooking practicals	Eatwell Guide & 5 food groups Cooking practicals			
	Key Vocabulary/ reading materials	Hygiene, equipment names	Bridge & claw hold, bacteria, contamination, danger zone	Carbohydrate, protein, sensory analysis			
	Enrichment/ Co-Curricular offer	Ingredient prep & recipes for home.	Link to bacteria in science Ingredient prep & recipes for home.	Ingredient prep & recipes for home.			
Year 8	Content, Knowledge & Skills	<p>Revisiting the Eatwell Guide & healthy diet</p> <p>Macro nutrients: carbohydrates, protein & fats</p> <p>Micronutrients: vitamins & minerals & health</p> <p>Hydration</p> <p>Intro to raising agents - mechanical</p> <p>Practicals: Cheese whirls – starchy carbs Swiss roll – air in liquid foam Veg/chicken curry – balance protein meal</p>	<p>Why do we cook food?</p> <p>Cooking methods & heat transfer</p> <p>Toasting & dextrinization</p> <p>Practicals: Sweet & sour chicken – combining ingredients, making sauces</p> <p>Food science experiments</p> <p>Pizza – choice of toppings for micronutrients</p>	<p>Design a dish for a teenager</p> <p>Raising agents – making food fluffy!</p> <p>Practicals: Yorkshire puddings or toad in the hole – steam raising agent</p> <p>Dish for a teenager</p> <p>Chilli / Bolognese challenge</p>	Yr 8 Technology (see curriculum map)	Yr 8 Technology (see curriculum map)	Yr 8 Technology (see curriculum map)



	Prior Knowledge	Basic kitchen skills from Yr 7 Eatwell Guide	Use of oven & hob	Increasing experience of cooking sweet & savoury dishes			
	Assessment	Eatwell Guide & healthy diet Macro & micro nutrients Cooking practicals	Identifying cooking methods Cooking practicals	Dish for a teenager Cooking practicals			
	Key Vocabulary	Macro & micro nutrients, saturated fat, hydration	Conduction, convection, radiation Blanching, poaching, roasting Dextrinisation	Dietary analysis Raising agents: yeast, steam, self-raising flour			
	Enrichment/ Co-Curricular offer	Ingredient prep & recipes for home.	Link to heat transfer in science Ingredient prep & recipes for home.	Ingredient prep & recipes for home.			
Year 9	Content, Knowledge & Skills	Review of macro & micro nutrients Life stages and nutritional needs Designing a healthy daily diet Eatwell Guide & 5 food groups Health & diet related conditions Practicals: Stuffed peppers	Fortification & food additives Preparation techniques – small appliances Food labelling & food choices Role of food advertising Practicals: Spicy bean tagine – cultural cuisine	Food provenance – where our food comes from Intensive and organic farming & automation Food security & food poverty International cuisine Practicals: Mushroom soup – organic & locally	Yr 9 Technology (see curriculum map)	Yr 9 Technology (see curriculum map)	Yr 9 Technology (see curriculum map)



		Sausage rolls Double chocolate muffins - Eatwell food groups	Lemon drizzle cake - food miles & climate Pasta bake - how to feed yourself, also economical meal for food poverty	sourced. Regional dish student choice – international cuisine			
	Prior Knowledge	Yr 8 experience of food preparation & Eatwell Guide	Appliances links to cooking methods in Yr 8. Sensory analysis Yr 7 & 8.	Practicals are largely on the theme of 'how to feed yourself' linking to cooking at home			
	Assessment	Nutritional needs and health & diet related conditions Cooking practicals	Food labelling & food choices Cooking practicals	Food provenance, international cuisine Cooking practicals			
	Key Vocabulary	Coeliac, lactose intolerance, osteoporosis, anaemia, diabetes	Fortification, additives, air fryer, net weight	Providence, fairtrade, intensive, organic, automation			
	Enrichment/ Co-Curricular offer	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.			
Year 10	Content, Knowledge & Skills	Introduction to GCSE course Recap Eatwell Guide & food groups	British and international cuisines. Food choice Cultural differences,	Functions and science of ingredients NEA 1 practice – food investigation (e.g. sauces, raising	Food hygiene and safety Food preparation, storage and bacterial contamination	Food choice and provenance Factors affecting food choice. Labelling and	Environmental aspects of food production and processing. Food presentation and styling



	<p>Nutritional values and functions</p> <p>Macro food groups and function</p> <p>12 preparation skills</p> <p>Diet, lifestyle & health related conditions</p> <p>Proteins & carbohydrates</p> <p>Enzymic browning</p> <p>Fats and oils</p> <p>Practicals: Bread rolls Developed bread Fish pie Mousse – air in liquid Enriched bread dough</p>	<p>regional food types</p> <p>More complex preparation & cooking skills</p> <p>Functional and chemical properties of macronutrients</p> <p>Making fresh pasta & sauces</p> <p>Sensory evaluation</p> <p>Practicals: 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>agents, emulsions)</p> <p>Cooking methods and heat transfer.</p> <p>Practicals: 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>Practicals: NEA 2 practice Chicken dish Mayonnaise Kebabs and flat breads</p>	<p>market influences</p> <p>Food sources, grown, reared caught. Intensive / organic farming, GM, role of automation</p> <p>Fairtrade products</p> <p>Fortification, additives &</p> <p>Bread making – role of gluten</p> <p>Practicals: Tarte tatin Hot water crust savoury pies Fair trade product</p>	<p>Menu planning</p> <p>Practicals: Lemon meringue pie Profiteroles Lemon drizzle cake</p>
Prior Knowledge	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
Assessment	Diet & lifestyle	Macro & micro	NEA 1 practice task	Food safety &	NEA 2 practice task	End of year exam

		Recall, retention tasks Cooking practicals	nutrients Recall, retention tasks Cooking practicals	Recall, retention tasks Cooking practicals	hygiene Recall, retention tasks Cooking practicals	Recall, retention tasks Cooking practicals	
	Key Vocabulary	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
	Enrichment/ Co-Curricular offer	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
Year 11	Content, Knowledge & Skills	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	
	Prior Knowledge	Yr 10 - NEA 1 practice	Yr 10 - NEA 1 practice	Yr 10 –NEA 2 practice	Yr 10 –NEA 2 practice		
	Assessment	NEA 1	NEA 1 Mock exam 1	NEA 2 Mock exam 2	NEA 2	Final exam	
	Key Vocabulary	Linked to AQA food investigation	Linked to AQA food investigation	Linked to AQA food preparation	Linked to AQA food preparation Exam command words		
	Enrichment/ Co-Curricular offer	NEA preparation & practice, lunchtime & afterschool interventions	NEA preparation & practice, lunchtime & afterschool interventions	NEA preparation & practice, lunchtime & afterschool interventions	Exam preparation & practice interventions		