

Mission Statement: To ensure that all students build a working knowledge of nutrition that promotes positive health and wellbeing. To enable all students to develop the confidence and skills to safely cook a range of nutritious meals.

KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Topic: Nutrition and Health Subject Content: Eatwell Guide, macronutrients, fat, protein, carbohydrates. Practical Skills: Bridge hold, claw grip, food safety in the kitchen, use of cooker, adapting recipes. Careers Lessons: Exploring food safety careers		Topic: Provenance and international cuisine Subject Content: Primary and secondary processing of cereals, seasonal food, food waste Practical Skills: Safely using the oven Careers Lessons: Exploring nutrition careers		Topic: Food science Subject Content: Food safety, microorganisms, raising agents. Practical Skills: Safely using the hob Careers Lessons: Exploring food business careers	
	Rationale: A good introduction to the importance of nutrition. Skills are carefully built up so that students gain confidence.		Rationale: Students will benefit from knowing the origins of common staple foods. Each practical dish will introduce students to a different international cuisine and the importance of each dish within the culture.		Rationale: Students will cook more complex dishes that require a deeper understanding and appreciation of food safety. A knowledge of the science of raising agents will allow students to understand how to produce successful baked goods.	

KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
8	Topic: Nutrition and Health Subject Content: Micronutrients: water soluble vitamins, fat soluble vitamins, minerals. Traffic labels. Practical Skills: Using spice in cooking Careers Lessons: Exploring food safety careers		Topic: Provenance Subject Content: Farming and sustainability of a range of proteins including dairy, meat, fish and alternatives, food certification. Practical Skills: Creating delicious snacks Careers Lessons: Exploring nutrition careers		Topic: Food science Subject Content: Sensory analysis, the effect of cooking on the properties and nutritional content of food, heat transfer in cooking. Practical Skills: Cook the rainbow Careers Lessons: Exploring food business careers	
	Rationale:		Rationale:		Rationale:	

Food and Nutrition Department KS Curriculum Overview

	Developing a secure and practical knowledge of nutrition is essential for wellbeing. Gaining experience in adapting recipes will give students the confidence to cook at home.	Students develop an appreciation of where their food comes from including ethical and environmental considerations.	Students will cook more complex dishes that require a deeper understanding and appreciation of food science. A knowledge of the food science will allow students to develop better cooking skills.
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KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	<p>Topic: Provenance</p> <p>Subject Content:</p> <p>The climate and food produce of Kent, production and nutrition of apples, organic farming, the climate of Ghana, production and nutrition of chocolate, Fair Trade. Students will also be issued with prior knowledge sheets which will outline basic ideas that are needed for the Y9 SOW.</p> <p>Practical Skills:</p> <p>Knife skills, use of hob and oven, presentation</p>		<p>Topic: Nutrition and health</p> <p>Subject Content:</p> <p>Food guidelines around the world, nutritional needs of teenagers, food as medicine, careers in food.</p> <p>Practical Skills:</p> <p>Moving towards more complex recipes and opportunities for adaptation.</p>		<p>Topic: Food Science</p> <p>Subject Content:</p> <p>Caramelisation, dextrinization, flute, shortening, denaturation, coagulation.</p> <p>Practical Skills:</p> <p>Moving towards more complex recipes and applying food science knowledge to achieve better results</p>	
	<p>Rationale:</p> <p>Induction with existing students and sharing skills will rapidly bring them to a good level. Exploring topics through apples and chocolate themes allows content to be reviewed by students who have studied Food and Nutrition before and also be introduced to others for the first time.</p>		<p>Rationale:</p> <p>Allows opportunities to both introduce and develop the principles and importance of good nutrition.</p>		<p>Rationale:</p> <p>Students move towards GCSE level through practical participation and extending theory understanding. Allow pupils to extend and improve their practical skills by offering range of complexity to recipes</p>	

GCSE Subject AOS	AO1	AO2	AO3	AO4	AO5	AO6	AO7
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KS4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	Topic: Food, nutrition and health; Food science Exam: GCSE FOOD PREPARATION AND NUTRITION (8585) Subject Skills:	Topic: Food, nutrition and health; Food science Exam: GCSE FOOD PREPARATION AND NUTRITION (8585) Subject Skills: Practical skills & Focus skills	Topic: 3.Food safety; Food Science Exam: GCSE FOOD PREPARATION AND NUTRITION (8585) Subject Skills: Practical skills& Focus skills	Topic: Food safety; Food Science Exam: GCSE FOOD PREPARATION AND NUTRITION (8585) Subject Skills: Practical skills & Focus skills	Topic: 4.Food choice; Food provenance Exam: GCSE FOOD PREPARATION AND NUTRITION (8585) Subject Skills: Practical skills& Focus skills	Topic: Non-Examined Assessments (NEA) – practice coursework (1) and (2) Exam: GCSE FOOD PREPARATION AND NUTRITION (8585) Subject Skills:

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	<p>Practical skills including; knife skills, meat, fruit and vegetable preparation; use of cooker, equipment and different cooking methods; prepare, combine and shape.</p> <p>Focus Skills:</p> <p>Making – sauces, doughs, handling meat and vegetables <i>These are carried out throughout the course.</i></p> <p>Learner Skills:</p> <p>Macro and Micronutrients, hydration; individual nutritional needs and health, nutritional analysis; select appropriate nutritional dishes for different groups of people.</p>	<p>Learner Skills:</p> <p>Life stage and life style needs, energy needs, diet related illness. Why food is cooked, selecting appropriate cooking methods, Functional and chemical properties of food groups</p>	<p>Learner Skills:</p> <p>Food spoilage and contamination, micro-organisms and enzymes, micro-organisms in food manufacture, pathogens, signs of food spoilage Food investigation skills.</p>	<p>Learner Skills:</p> <p>Cross contamination, principles of food safety, buying and storage, food packaging and labelling extending shelf life, food labelling and the law preparing cooking and serving food, sensory testing and fair test</p>	<p>Learner Skills:</p> <p>Factors affecting good choice, ethical, economic, moral, cultural, lifestyle and life stage, traditional cuisines, marketing influences, food provenance, sustainability and food security</p>	<p>NEA1 Food Investigation and NEA2 Food Preparation Task – practice assignments</p> <p>Learner Skills;</p> <p>embed sensory testing and fair test; food investigation task and food preparation task</p>
	<p>Rationale:</p> <p>Nutrition underpins everything we do; students have basic understanding and now need in depth nutritional knowledge and how to apply it. they must develop excellent time management, practical organisational and safety protocols.</p>	<p>Rationale:</p> <p>Students should understand Have confidence when choosing ingredients, processes, cooking methods and be able to review and make beneficial improvements to their food choices.</p>	<p>Rationale:</p> <p>Understanding of safe production of food and how to prepare, serve and store food hygienically and safely.</p>	<p>Rationale:</p> <p>Students should understand the influence of consumer choice and manufacturing influence. Have confidence when choosing ingredients, and understand the function of the ingredients they use.</p>	<p>Rationale:</p> <p>Students should understand the influence of lifestyle, consumer choice nutritional needs and culinary traditions relating to the food they eat. Be aware of economic and sustainable food production. Be able to give fair judgement, evaluation and testing of recipes. Understand time management, costing and procurement.</p>	<p>Rationale:</p> <p>Must understand the skills required to complete the NEA modules of the course (worth 50% of the total grade) The practice NEA2 will be used to form the basis of the Mock Examination three hour practical examination in Autumn 2 of Year 11</p>

KS4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
11	Topic: NEA1 Food Investigation Task	Topic: NEA2 Food Preparation Task. <i>Mock</i>	Topic: NEA2 Food Preparation Task	Topic: NEA2 Food Preparation Task.	Topic: revision exercises for written paper	Year 11 Exams:

	<p>Exam: GCSE FOOD PREPARATION AND NUTRITION (8585)</p> <p>Subject Skills:</p> <p>NEA1 research and evaluation. Planning for investigations, investigation and analysis of results. Drawing conclusions</p> <p>Learner Skills:</p> <p>Presentation of data, identification of relevant investigative exercises. How to conduct a food investigation, how to ensure fair testing and recording of accurate results, presentation of investigations for NEA1.</p>	<p><i>three hour practical examination will be held here</i></p> <p>Exam: GCSE FOOD PREPARATION AND NUTRITION (8585)</p> <p>Subject Skills:</p> <p>NEA2 research of chosen task, gathering ideas, Selecting and making dishes to demonstrate complex technical skills</p> <p>Learner Skills:</p> <p>Presentation of technical skills through preparation of four dishes, developing high level presentation and finishing ideas, compiling coursework evidence; practice for three hour practical during mock examination.</p>	<p>Exam: GCSE FOOD PREPARATION AND NUTRITION (8585)</p> <p>Subject Skills:</p> <p>NEA 2 Planning for final menu, making final dishes in three hour practical examination</p> <p>Learner Skills:</p> <p>Integrated time plan, conducting fair sensory testing, organisation of three hour practical examination, presentation of coursework. Application of learned strategies during three hour practical.</p>	<p><i>Preparation for Mock three hour practical examination.</i></p> <p>Exam: GCSE FOOD PREPARATION AND NUTRITION (8585)</p> <p>Subject Skills:</p> <p>NEA2 completion and presentation of Task</p> <p>Learner Skills:</p> <p>Applying skills to present Preparation Task for submission to exam board.</p>	<p>Exam: GCSE FOOD PREPARATION AND NUTRITION (8585)</p> <p>Subject Skills:</p> <p>Exam Technique and strategies</p> <p>Learner Skills:</p> <p>Answering analytical, data response, free response and structured exam questions, understand exam command words</p>	
	<p>Rationale:</p> <p>Provide sound basis for food investigations task to maximise grade opportunity 15% final grade</p>	<p>Rationale:</p> <p>Students must be aware of practical examination requirements.</p>	<p>Rationale:</p> <p>Provide sound basis for final three hour practical examination to maximise grade opportunity</p>	<p>Rationale:</p> <p>Allow students maximum opportunity to submit high quality presentation of task. 35% final grade</p>	<p>Rationale:</p> <p>Preparation for written examination 50% of final grade</p>	