



# Food Curriculum Overview



Year	Unit 1 Food	Unit 2 Food	Unit 3 Food
<b>7</b>	Food and Nutrition – Cooking Food Safely	Food and Nutrition – Nutrition	Food and Nutrition – Food Packaging
	<p>This unit introduces the kitchen environment. An introduction to Health &amp; Safety and moves into the basics of Nutrition including the Eatwell Guide. Students will also prepare and cook a range of predominantly savoury and healthy dishes.</p> <p>Careers PSCHE</p>	<p>In this unit students will look at a sensory evaluation of a dish that they have prepared using CATFLAPS. Energy balance is covered followed by how and why we cook food. Students will also prepare and cook a range of predominantly savoury and healthy dishes.</p> <p>Careers</p>	<p>In this unit students will complete a product analysis of food packaging and will look specifically at food labelling. Students will also prepare and cook a range of predominantly savoury and healthy dishes.</p> <p>PSHCE</p>



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8	Food and Nutrition – Cooking Food Safely	Food and Nutrition – Nutrition	Food and Nutrition –Food Packaging
	<p>This unit begins with a re-cap of the Eatwell Guide followed by the safe handling and storage of food. We then move onto World Foods looking at foods from different cultures around the world. Students will also prepare and cook a range of predominantly savoury and healthy dishes.</p>	<p>During this unit students will look at Food Provenance and seasonality alongside food airmiles and how this can affect the environment. They will then move on to Crops and types of farming. Students will also prepare and cook a range of predominantly savoury and healthy dishes.</p>	<p>We begin this unit by looking at a range of cultural diets. Then we move on to further development of sensory analysis alongside the use of star charts. Students will also prepare and cook a range of predominantly savoury and healthy dishes.</p> <p><b>PSHCE</b></p>



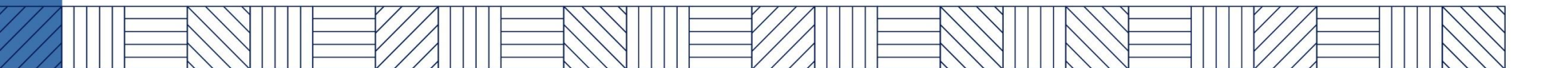


Year 9	Unit 1 Food	Unit 2 Food	Unit 3 Food
	Food and Nutrition – Nutrition at key stages	Food and Nutrition – Meat and Plant Based Diets	Food and Nutrition – Dragons Den Challenge
	<p>In this unit students will re-cap nutrition via the Eatwell Guide and then progress to nutrition at key stages. Students will then move on to Food Science looking at the functions of ingredients. Students will also prepare and cook a range of predominantly savoury and healthy dishes.</p> <p><b>Careers</b> <b>PSHCE</b></p>	<p>Students will research and look at special dietary requirements, debating the pros and cons of a plant vs meat-based diet. They will complete a range of mainly savoury dishes.</p> <p><b>PSHCE</b></p>	<p>Building upon the knowledge developed through Y7 &amp; 8 students will complete a 'Dragons Den' entrepreneurial project including research into their local area to identify a need. They will then propose a business type and menu. Finally, they will make a sample menu and meal based upon their proposal. Marketing of products.</p> <p><b>Careers</b> <b>PSHCE</b></p>





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<b>10</b> <b>Food Preparation and Nutrition</b>	NEA1, Food Provenance and Spoilage	NEA1 & Farming	Nutrition & Commodities	Health, Safety & Hygiene	Cooking skills, Food Provenance & nutrition.	Health & Safety and Hygiene
	<p>This term we will begin with an introduction to NEA 1 &amp; 2. We will then look at food provenance based around fruit and vegetables. This will link to spoilage, nutrition &amp; enzymic browning. Food hygiene and safety will run as a theme throughout the term alongside a series of practical lessons.</p>	<p>This term we will look at farming. Specifically, how animals are reared &amp; processed. We will work further upon our knowledge of nutrients and food science. Students will also complete their NEA1 this term. This will include making emulsifications and the making of cheese.</p>	<p>We will develop further our knowledge of food commodities during this term. Looking specifically at Grains &amp; cereals, flours breads &amp; pasta. We will look in further detail at nutritional values and then move into dietary considerations. When looking at the science of food we will focus on gelatinisation and the chemical and physical structure of grains.</p>	<p>This term students will develop further their knowledge of food provenance, commodities and classifications. We will also consider dietary requirements and nutritional value. When looking at food provenance we will begin to look at geographical factors alongside intensive and natural farming. The term will come to an end with Chemical and physical properties of meat, fish, eggs, poultry and high-risk foods.</p>	<p>This term students will continue looking at food provenance and also look in more detail at nutrition. Following on from this we will take a closer look into commodities, health &amp; safety and hygiene. These will all run alongside prep for NEA 1 &amp; 2 and a range of increasingly complex practical activities.</p>	<p>This term students will continue looking at food provenance and also look in more detail at nutrition. Following on from this we will take a closer look into commodities, health &amp; safety and hygiene. These will all run alongside prep for NEA 1 &amp; 2 and a range of increasingly complex practical activities.</p>



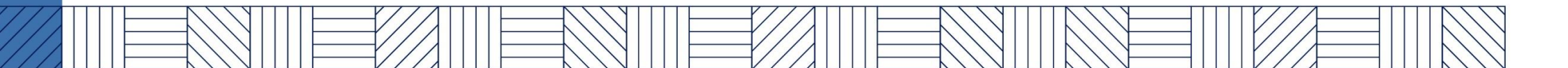


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<b>11</b> <b>Food</b> <b>Preparation</b> <b>and Nutrition</b>	NEA1 Preparation & Completion	The Science behind Food & NEA2 Preparation	NEA2 Practical Exam	Provisioning & Safety	Exam Preparation
	<p>This term students will complete their NEA1. There will be an introduction to food skills including butchery and fish preparation. There will also be visiting chef demonstrations and a focus on time planning.</p>	<p>This term will see the introduction of NEA2. This is the largest of the 2 NEA's that students will complete this year. The NEA focus for this term is preparation.</p>	<p>NEA2 continues this term with the planning coming to an end and the students completing their practical exam.</p>	<p>Having completed their NEA2 practical exam students will now focus on Hospitality &amp; Catering Provision and how these needs to meet specific requirements. Following on from this they will look at Health and Safety and Food Safety.</p>	<p>Students will focus on re-covering specific elements of the theory side of the course. There will be a focus on how this subject knowledge will be utilised within the exam context.</p>





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<b>10</b> <b>Hospitality and Catering</b>	Nutrition Recap & Industry Intro	Industry Basic Skills Building Cooking Methods	HC Industry Mock Exam	HC Industry	HC Industry	Exam Prep for Unit 1 Further practical skills
	<p>This term we will begin with an introduction to the course. We will move on to look at causes, symptoms and signs of food poisoning, food induced ill health and how to prevent them. There will be several practical lessons running through the term covering how to prepare and make a range of dishes. This will help to develop knife skills and cookery techniques and underpinning all of this will be food safety practices.</p>	<p>Students will build upon their knowledge of symptoms and signs of food induced ill health and preventative control measures. We will move onto the importance of nutrition and how cookery methods can impact nutritional value. There will be several practical lessons running through the term covering how to prepare and make a range of dishes. This will help to develop knife skills and cookery techniques. Underpinning all of this will be food safety practices.</p>	<p>Throughout this term students will look at the different providers within the hospitality and catering industry including the different roles in the front and back of house. We will also look at working conditions within the industry. There will be several practical lessons running through the term covering how to prepare and make a range of dishes. This will help to develop knife skills and cookery techniques and underpinning all of this will be food safety practices.</p>	<p>Building upon the knowledge from last term students will assess how the operation of the front and back of housework together. This will also build upon working conditions within the Hospitality &amp; Catering industry. There will also be several practical lessons where students will plan and make increasingly challenging dishes, looking in particular at how they are presented.</p>	<p>Students will focus upon Health &amp; Safety in the Hospitality &amp; Catering industry this term. They will then move on to look at menu planning and how to plan the production of their own menu. Presentation techniques will continue to be a focus when planning and making ever increasingly complex dishes.</p>	<p>Understanding the factors that contribute to the success of Hospitality &amp; Catering provision is essential and this is the focus for this term. Alongside this, students will plan and prepare a range of complex dishes. Presentation is a real focus once the dishes have been completed.</p>





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<b>11</b> <b>Hospitality and Catering</b>	Nutrition & Advanced Practical Skills	Diet at Life Stages /Special Diets Advanced Practical Skills	NEA 2 Menu Research and Planning. Time plans. Higher practical skills	NEA 2 final planning. NEA practical exam Exam prep	Exam prep for Unit 2 Exam
	This term students will refresh their knowledge of Health & Safety and look in detail at the role of the Environmental Health Officer. Students will also plan and prepare a range of complex dishes.	Controlled Assessment will begin this term focussing on nutrition and cooking methods. Students will also refresh their knowledge of the industry looking at job roles and the success. Students will build on preparation and cooking skills and learning through practice covering elements from Year 10 and 11.	Students will cover Factors affecting menu planning, how to plan production and prepare and make dishes using advanced presentation techniques. Students will build on preparation and cooking skills and learning through practice, developing their own recipes.	NEA will continue this term and be completed. Controlled assessment will be marked and sent for moderation to the Exam Board. Exam Preparation will continue with a focus on terminology and practicing longer answers,	Exam Preparation will continue with a focus on terminology and practicing longer answers and how best to utilise their subject knowledge within an exam context.

