

Food Preparation and Nutrition

5 Year Curriculum Plan 2021 -22



Teaching and Learning INTENT for Food Preparation & Nutrition at Redhill School:

Students will be equipped with a knowledge and understanding of the basic principles of food preparation, healthy eating and food choices, the nutrition and the food science behind food preparation and consumption. Enabling them to make positive choices when cooking preparing and consuming food. With an understanding of food sources and environmental factors that affect food production and sustainability.

Food and nutrition is delivered through 5 main competences these are delivered through a Foundation curriculum model that will scaffold skills needed in the GCSE course: Food Commodities and Principles of Nutrition. Diet and Good Health. Food Provenance and Manufacturing. Science of food. Cooking and Storage of Foods

The KS3 Food curriculum takes account of the National Curriculum, the core competencies, and the need to prepare students for the GCSE Food Preparation and Nutrition specification.

KS3 National curriculum

“As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.”

- understand and apply the principles of **nutrition and health**.
- cook a repertoire of predominantly **savoury dishes** so that they can feed themselves and others a healthy and varied diet.
- become competent in a **range of cooking techniques** [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture, and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the **source, seasonality, and characteristics** of a broad range of ingredient.

Core competencies

Core competences for children and young people aged 5-16 years.

The competences represent core skills and knowledge around the themes of

- **Diet (food and drink),**
- **Consumer Awareness,**
- **Cooking (Food Preparation and Handling skills),**
- **Food Safety**
- **Active Lifestyles (physical activity)**

These are delivered through our five-year curriculum plan within food.

Developed Students cultural and social capital through the following:

Our Key Stage 3 FOOD curriculum aims to ensure the following aims are achieved by the end of KS3

- ❖ All students should have the skills, confidence, and resilience to undertake preparing and cooking a range of dishes independently and safely.
- ❖ All students should have some understanding of how the food they consume will impact on the health of their body and mind, both now and in the future.
- ❖ All students should understand that ingredients have specific functions in recipes and be beginning to understand some of food science.
- ❖ All students should understand some of the impact that growing, rearing, and processing foods can have on people and planet.
- ❖ All students should have some understanding of their choices as consumer.

Year 7 Food Preparation & Nutrition at Redhill School:

Students in Year 7 will cover the following areas in Food.

Hygiene and safety personal and food related.

Safe food preparation considering temperature control and safe storage of food.

The use of the cooker safely.

The handling of small and large electrical equipment safely in a practical lesson.

The main principles of healthy eating and making the right choices.

The scientific processes behind food preparation and the cooking and assembling of ingredients.

Year 7 Units of Study:

Students receive a 1-hour lesson on alternate weeks for the academic year.

Module 1 Food and Hygiene and Safety

Module 2 Healthy Eating

Module 3 Nutrition.

The following dishes will be prepared and cooked by students.

- Hot Chocolate and a croissant
- Vegetable Cous Cous
- Fresh fruit salad
- Fruity Flap Jacks
- Fruit Smoothies
- Dried fruit Sensory Analysis

Year 7 Curriculum.

Healthy Eating is a Key Threshold skill will still be developed in the year 7 modules of Food. Hygiene and Safety will be delivered at the start of every lesson where food handling or analysis takes place. Practical's where they can be delivered in a food room will be.

Year 8 Food Preparation & Nutrition at Redhill School:

In year 8 Food provenance food related to the country and culture. This will form an introduction to one of the key focus areas of the GCSE specification. (Food provenance and manufacturing)

Food and sustainability making the right food choices with a consideration to the environment ethics issues related to this.

Year 8 Units of Study:

Student will receive 1-hour lesson a week for the whole academic year.

Module 1 Food Provenance World Foods.

Module 2 Food commodities and Nutrition

Module 3 Food and the Environment / Sustainability

The following dishes will be prepared and cooked by students.

- Pasta in a Ragu Sauce
- Pizza pinwheels with a bread dough base
- Chicken /Quorn Fajitas
- Layered pasta salad
- Vegetable Frittata
- Ginger biscuits
- Bread and Butter pudding
- Tuna pasta bake.

Year 8 Curriculum

Food provenance and sustainability of food are Key Threshold skills that will be developed in the year 8 Food. Hygiene and safety will continue to be delivered at the start of every lesson where food handling or analysis takes place. Practical's where they can be delivered in a food room will be. Some practical's will need to be carried out in the home environment.

Year 9 Food Preparation & Nutrition at Redhill School:

Students will have studied Food Preparation and Nutrition through Key Stage 3 and will have gained a basic understanding of food preparation and cooking skills. In Year 9, practical work will focus on the application of the 20 key technical skills as well as demonstrating the use of more complex equipment safely and hygienically. Students will be developing their abilities to adapt and follow recipes, showcasing independent time management and advancing dovetailing skills. Students will build upon their work in Key Stage 3 by independently demonstrating their familiarity with the more complex principles of conducting food science investigations. When studying the theory of food preparation and nutrition, students will work towards gaining a greater understanding of key nutritional principles and more advanced ingredient function and food science terms. Students will be able to demonstrate a growing knowledge, understanding and awareness of food provenance as well as social, moral, cultural and environmental issues related to food preparation and nutrition.

Year 9 Units of Study:

FPN GCSE is delivered over a three-year period year 9-11.

The syllabus is delivered in units on a half termly basis. Within these there's a focus on practical application of the 20 technical skills required scientific application of knowledge to the food investigations and theory work covering knowledge and understanding of the theory behind nutrition

Autumn Term 1	<u>Unit 1: Fruits and vegetables</u> Vegetable cuts Carrot and coriander soup. Apple crumble Flavoured Mash food styling Food Science investigation Enzymic browning of fruit. Food Science Investigation Cooking of different types of potatoes Food Science investigation Oranges / types and preservation methods sensory analysis
Autumn Term 2	<u>Unit 2: Cakes</u> lemon drizzle cake Chocolate Brownies Swiss roll Food Science investigation into raising agents.
Spring Term 1	<u>Unit 3: Bread</u> Enriched dough Chelsea buns Soda bread /tortillas Food Science investigation Gluten in flour
Spring Term 2	<u>Unit 4: Pastry</u> Jam tarts short crust pastry Sausage rolls rough Puff Pastry Mille Feuille the use of readymade pastry. Food science experiment pastry shrinkage Profiteroles Choux pastry
Summer Term 1&2	<u>Unit 5: Science of cooking/ Food spoilage</u> NEA 2 Trials Special diets Free choice sweet and savoury dish linked to a chosen special dietary need.

Year 10 Food Preparation & Nutrition at Redhill School:

Students will have studied Food Preparation and Nutrition in Year 9 and will have gained a developing understanding of food preparation and cooking skills. In Year 10, practical work will focus on the application of the 20 key technical skills as well as demonstrating the controlled use of complex and skilled equipment safely and hygienically. Students will be advancing their abilities to adapt and follow recipes, highlighting developed independent time management and advancing dovetailing skills. Students will build upon their work in Year 9 by independently demonstrating a

competent familiarity with the advanced principles of conducting food science investigations. When studying the theory of food preparation and nutrition, students will work towards gaining a competent understanding of key nutritional principles and more advanced ingredient function and food science terms. Students will be able to demonstrate an advancing knowledge, understanding and awareness of food provenance as well as social, moral, cultural, and environmental issues related to food preparation and nutrition.

Year 10 Units of Study: FPN GCSE is delivered over a three-year period year 9-11.

The syllabus is delivered in units on a half termly basis. Within these there's a focus on practical application of the 20 technical skills required scientific application of knowledge to the food investigations and theory work covering knowledge and understanding of the theory behind nutrition

Autumn Term 1	<u>Unit 6: Cereals</u> Breakfast bar (flap jack melting method) Focaccia Bread/ flours Food Science investigation the gelatinisation of starch cells in sauces Risotto
Autumn Term 2	<u>Unit 7: Protein and Alternatives</u> Hummus (chickpeas) sensory analysis Thai green curry using Quorn or Chicken Food science investigation the fat content of different meat (minced)
Spring Term 1	<u>Unit 8: Dairy</u> Food science investigation milk. Food investigation into the milks used in batters. Practical Cheesecake chilled version. Practical Macaroni Cheese Pana Cotta sensory analysis. Food investigation into different types of milks. (Taste test) Food investigation sensory analysis cheeses.
Spring Term 2	<u>Unit 9: Fats and Sugars</u> Shortbread Spring celebration cakes Butter cream Piping as a finishing technique <u>Food Investigations</u> Use of sweeteners in butter cream
Summer Term 1&2	<u>Unit 10: Poultry & Fish</u> Filleting of a fish. Jointing a chicken. Chicken Kiev Barbeque marinade wings. NEA 1 Trials Mock exams the use of sugar in cakes investigation to see if sugar can be replaced or reduced.

Year 11 Food Preparation & Nutrition at Redhill School:

The syllabus is delivered in units on a half termly basis. Within these there's a focus on practical application of the 20 technical skills required scientific application of knowledge to the food investigations and theory work covering knowledge and understanding of the theory behind nutrition

Year 11 Units of Study:

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1
NEA2: Food Preparation A: Investigate and plan a task B: Prepare, cook and present a menu C: Evaluation	NEA2: Food Preparation A: Investigate and plan a task B: Prepare, cook and present a menu C: Evaluation	NEA2: Food Preparation A: Investigate and plan a task B: Prepare, cook and present a menu C: Evaluation	Revision Food, Nutrition and Health The Science of Food	Revision Where Food Comes From Factors Affecting Food Choice

			Food Spoilage	Preparation and Cooking Techniques
*NEA1 15% of GCSE grade *Reviewed and removed August 2020	NEA2 35% of GCSE Grade Now 50% of GCSE Grade	NEA2 35% of GCSE Grade Now 50% of GCSE Grade	Written examination: Principles of Food Preparation and Nutrition 1	Written examination: Principles of Food Preparation and Nutrition 2

Year 11 Curriculum

OFQUAL decision for summer exam 2022 will be no NEA1 delivered in Year 11. NEA2 will now account for 50% of final GCSE grade.

This work will be completed in the Autumn Term 1,2 and spring term 2 of year 11. Students will sit a 3-hour practical and complete 2 high level dishes with side dishes.

based on a brief set in September 2021 by the examination board.

Practical application of skills will be and supported through Extended learning tasks. Practical dishes will be carried out as part of Extended Learning so support the practice of high-level skills.