



Food Preparation and Nutrition Curriculum Overview



Year	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
7	<p>Topic: Kitchen Safety and Hygiene, Basic Skills.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Knife skills, oven safety, Food safety and hygiene, food science.</p> <p>Outcomes: Croque Monsieur, enzymic browning Investigation.</p> <p>Independence and safety, sensory analysis.</p> <p>Duration: 3-4 Lessons.</p>	<p>Topic: Eat Well Guide.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Knife Skills, Rubbing In, Rolling and shaping pastry. Use of the Cooker.</p> <p>Outcomes: Fruit Crumble, Mince pies. Food safety, Practical skills, nutrition and health, local food supplies.</p> <p>Duration: 3-4 Lessons.</p>	<p>Topic: Food security and Food Choice.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Cooking on a budget, adapting a recipe, hob safety and reducing food waste.</p> <p>Outcomes: Tomato Ragù, Egg investigation, Omelette kitchen safety, budget recipes.</p> <p>Duration: 3-4 Lessons.</p>	<p>Topic: Food Science and Food Provenance.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Function of ingredients, animal welfare.</p> <p>Outcomes: Egg investigation, Omelette, cake investigation, mini fruit cakes or mini carrot cakes. Using the oven and hob, functions of ingredients.</p> <p>Duration: 3-4 Lessons.</p>	<p>Topic: Food Choice and Safety.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Preventing cross contamination, Enrobing. Comparison of shop vs homemade on health.</p> <p>Outcomes: Homemade Nuggets, Roux Sauce Investigation, Vegetable Gratin. Using high risk foods. Using oven, nutritional analysis.</p> <p>Duration: 2-3 Lessons.</p>	<p>Topic: British and International food and Food science.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Gelatinisation, roux sauce, British dishes, food miles.</p> <p>Outcomes: Roux Sauce Investigation, Vegetable Gratin, Great British Scone Bake Off, Function of ingredients, environmental impacts, consistency in baking.</p> <p>Duration: 3-4 Lessons.</p>
8	<p>Topic: 4'Cs of Food Hygiene, Knife skills.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Controlling cross contamination, Knife skills, hob safety.</p> <p>Outcomes: Fajita's, Independence and food safety and hygiene, using high risk foods, sensory analysis.</p> <p>Duration: 3-4 Lessons.</p>	<p>Topic: Eat Well Guide and British Food Traditions.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Knife Skills, Reduction Sauce, Rubbing In, Shortening, Use of the Cooker.</p> <p>Outcomes: Bolognese Sauce, Puff pastry Christmas Trees, Food safety, Practical skills, Nutrition and health, British Events.</p> <p>Duration: 3-4 Lessons.</p>	<p>Topic: Food Science and Religious foods.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Function of ingredients, diet related diseases.</p> <p>Outcomes: Yeast Investigation, Bread Rolls, Functions of yeast, Fruit Muffins or Fruit Bakewell Tray Bake. Impact of diet on health restrictions.</p> <p>Duration: 3-4 Lessons.</p>	<p>Topic: Food Choice, Diet, Nutrition and Health.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Preventing cross contamination, Function of ingredients. Factors affecting food choice.</p> <p>Outcomes: Burger investigation, Homemade Burgers, using high risk foods. Modifying recipes for specific diets.</p> <p>Duration: 2-3 Lessons.</p>	<p>Topic: Diet, nutrition and health, Food Science.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Recipe modification for health. Functions of ingredients.</p> <p>Outcomes: Pasta Bake, Egg Foam investigation, Lemon meringue cookies, modifying recipes, Aeration using foams.</p> <p>Duration: 2-3 Lessons.</p>	<p>Topic: British Cuisine and Food Science.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Raising agents, technical skills, function of ingredients.</p> <p>Outcomes: Swiss Roll Bake Off, Function of ingredients, consistency in baking and creativity.</p> <p>Duration: 3-4 Lessons.</p>



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<p>9</p>	<p>Topic: Food Preparation Skills, Food Choice.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Knife skills, Enrobing, use of oven.</p> <p>Outcomes: Carrot knife cuts, cucumber decoration, Scotch Egg</p> <p>Duration: 3/4 Lessons.</p>	<p>Topic: Food Choice, Food Science, British Food Traditions.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Technical skills. Function of ingredients.</p> <p>Outcomes: Scotch Egg, Fats in Pastry Investigation, Yule Log, chocolate decorative techniques, raising agents.</p> <p>Duration: 3/4 Lessons.</p>	<p>Topic: Food Provenance, Preparation Skills</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Technical Skills and British and international cuisines. Sensory evaluation, raising agents, decorative techniques.</p> <p>Outcomes: Cornish Rolls, Thai Chicken Curry or Stir Fry.</p> <p>Duration: 3/4 Lessons.</p>	<p>Topic: Food Choice and Nutrition and Health.</p> <p>Resources: Workbooks, recipes, iPad, ingredients.</p> <p>Focus: Technical Skills, Religious Food, enriched doughs, use of oven.</p> <p>Outcomes: Hot Cross Buns.</p> <p>Duration: 3 Lessons.</p>	<p>Topic: Food Science, NEA 1 Mock.</p> <p>Resources: Mock NEA 1 Workbook, Ingredients for investigations and practical lesson.</p> <p>Focus: Technical Skills and Function of Ingredients, gluten formation, gelatinisation.</p> <p>Outcomes: Gluten in pasta investigation, Roux sauce Investigation, Fresh Pasta and Roux sauce of choice.</p> <p>Duration: 2/3 Lessons.</p>	<p>Topic: Food Provenance and NEA 2 Mock.</p> <p>Resources: Mock NEA 2 Workbook, Ingredients for practical lesson. Computers for research and evaluation.</p> <p>Focus: Technical Skills, Seasonal foods, Time planning, NEA pro-forma.</p> <p>Outcomes: Final product chosen by student.</p> <p>Duration: 3/4 Lessons.</p>
<p>10</p>	<p>Topic: Eat Well Guide and Macronutrients.</p> <p>Resources: Workbooks, Computers and iPad, for research and nutritional analysis, ingredients, recipes.</p> <p>Focus: Dietary recommendations, Protein, Carbohydrates, Fats. Recipe Modification.</p> <p>Outcomes: Teenage nutrition cook, portioning a chicken, Adult protein meal. Reducing sugar investigation, added fibre and reduced sugar dessert, Quiche modification, Lemon Meringue pie.</p> <p>Duration: 12 Lessons</p>	<p>Topic: Micronutrients & Mock NEA 2.</p> <p>Resources: Workbooks, ingredients, recipes Computers and iPads for nutritional analysis and research.</p> <p>Focus: Nutrition and health, fat and water soluble vitamins, antioxidants, minerals, technical skills, recipe adaptation.</p> <p>Outcomes: Vitamin, soup/ salad, teenage meal protein, calcium & vitamin D, Family HBV & Eatwell meal, Choux pastry wreath or tree.</p> <p>Duration: 14 Lessons.</p>	<p>Topic: Food Choice & Diet, Nutrition and Health.</p> <p>Resources: Workbooks, computers and iPads for research and nutritional analysis, ingredients, recipes.</p> <p>Focus: Technical skills, Dietary needs through life, allergies and intolerances, dietary illnesses, recipe modification, costings.</p> <p>Outcomes: Allergies & Intolerances investigation, Layered chilled dessert, 20% Energy adult dish, 2 courses for specific dietary illness.</p> <p>Duration: 12 Lessons</p>	<p>Topic: Food Science - Heat transfer, micro-organisms, function of ingredients.</p> <p>Resources: Workbooks, Ingredients, recipes, computers, iPads.</p> <p>Focus: Micro-organisms, enzymes, food production, heat transfer, conduction, convection and radiation, raising agents, NEA 1 practice.</p> <p>Outcomes: Vegetable cooking methods investigation, kebabs & vegetables, yeast experiment, enzymic browning, functions of proteins, fats and raising agents, homemade cheese & crackers,</p> <p>Duration: 12 Lessons.</p>	<p>Topic: Food Science</p> <p>Resources: Workbooks, ingredients, recipes, computers, iPads.</p> <p>Focus: Mock NEA 1 Food investigation Task. Food science. Revision for end of year mocks.</p> <p>Outcomes: Mock run through of NEA 1 Food Investigation. Template to use for real NEA 1 in Year 11, practice at researching, planning, conducting and analysing food science experiments.</p> <p>Duration: 12 Lessons.</p>	<p>Topic: Food Choice environment & Mock NEA 2.</p> <p>Resources: Workbooks, ingredients, recipes, computers for nutritional analysis.</p> <p>Focus: Sustainability, organic, food production, seasonality, food poverty.</p> <p>Outcomes: Filleting fish, British seasonal family meal for £10.</p> <p>Duration: 12 Lessons.</p>



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<p>11</p>	<p>Topic: Food Science Investigation - NEA 1 (15%).</p> <p>Resources: Digital NEA 1 document, ICT and ingredients. AQA textbooks, revision guides, exemplar NEA 1 projects.</p> <p>Focus: Research, function of Ingredients, experiments, recording results, analysis and evaluation.</p> <p>Outcomes: 1500-2000 report, 3 experiments to investigate the functions of ingredients, evaluation of how results can improve future cooking.</p> <p>Duration: 12 Lessons.</p>	<p>Topic: Food Preparation Task - NEA 2 (35%). Revision for Winter Mocks.</p> <p>Resources: ICT, Practice exam papers. AQA textbooks and revision guides, exemplar NEA 2 projects.</p> <p>Focus: Revision, Long answer questions. Research, Research summary, Initial Ideas, selection of technical skills cooks. Sensory Analysis.</p> <p>Outcomes: Section A complete. Technical skills cooks justified, exam techniques for long answer questions. Technical skills 1 planned and cooked.</p> <p>Duration: 14 Lessons.</p>	<p>Topic: AQA NEA 2.</p> <p>Resources: ICT, AQA textbooks and revision guides, exemplar NEA 2 projects.</p> <p>Focus: Plan and cook Technical skills 2 & 3. Sensory Analysis and evaluation of 3 technical skills cooks. Justify and dovetail final menu. 3-hour practical exam.</p> <p>Outcome: Section B, C, D complete. 2 Technical skills cooks justified, Dovetail time plan for final 2 dishes. 3-hour practical exam, sensory analysis of final 2 dishes.</p> <p>Duration: 10 Lessons.</p>	<p>Topic: AQA NEA 2.</p> <p>Resources: ICT, AQA textbooks and revision guides, exemplar NEA 2 projects. Practice exam questions.</p> <p>Focus: Section E— Analysis and Evaluation of 2 final dishes. Revision for Spring Mocks.</p> <p>Outcome: Revision for mocks. Complete Section E—Sensory, Nutritional and costings of recipes. Improvements and final evaluation. Submission of controlled assessment.</p> <p>Duration: 12 Lessons.</p>	<p>Topic: Food Provenance, Food Safety, Food Choice, Food Science and Food Nutrition.</p> <p>Resources: Revision materials, AQA revision and text books, Revision guides.</p> <p>Focus: Revision (Exam questions).</p> <p>Outcomes: Understanding and recapping topics from Y9 and Y10. Covering content from 'AQA Food Preparation and nutrition'.</p> <p>Duration: 11 Lessons.</p>	
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