

Food & Nutrition 5 Year Curriculum Journey

and	Nutrition

Year group: 7		Exam Board: WJEC
	Content	Department Assessment
Autumn Term 1	FPT Small Cakes - Creaming Method FPT Apple Crumble - Rubbing In Method Food Safety and Hygiene Weighing and Measuring Knife and Cooker Safety Cookery Tools Test Recipe Writing HL: Health & Safety Poster	Weighing & Measuring Skills Knife Skills Self-assessed Teacher Assessed
Autumn Term 2	FPT Healthy Pizza - Kneading/Knife Skills FPT Minestrone Soup - Conduction on hob Theory: Pizza Design Task Pizza Evaluation HL: The Function of Yeast in Bread Making	Safe use of elec/gas oven and grill appliances Preparation Process H & S Product Outcome Self-Assessment
Spring Term 1	FPT Tomato & Herb Sauce - Reduction Mac 'N' Cheese - Roux/Grating/Oven Dish Baking HL: Draw and label your cooker at home	Formal FPT Assessment Safe use of electrical appliances Blender safety Preparation Process H & S Product Outcome Self-Assessment
Summer Term 1	Enterprise Project - Charity focus Research - Children's Charity Branding - Team logo Design - Cake themes HL: Children's Charity research	Individual Skills base Teamwork Employee roles within team Assessed in relation to role responsibility

	Marketing and Advertising - Poster Campaign	Graphic Communication Skills and	
	Costing - Cake Ingredients & Finishing Prototyping Packaging - Graphic	annotation Teacher Assessed	
Summer	Communication		
Term 2	HL : Revision of topics End of Year Assessment Exam		
Homework	Aims to link real life scenarios and cooking environment with class experiences. E.g. comparison of equipment, grocery shopping, healthy eating, (Eatwell Plate), food preparation and storage, food safety etc.		
	Build independent research skills about global food and knowledge of industrial practices		
Subject / Department Key Terms	Ingredients, Equipment and Skills Key Terms		
Recommended	HS Healthy eating: http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx		
Reading / Viewing	Change 4 life: http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx		
	BBC Food recipes: http://www.bbc.co.uk/food/		
	Fairtrade: http://www.fairtrade.org.uk/What-is-Fairtrade		
	Food miles: http://www.foodmiles.com/more.cfm		
	Fruit classification: https://en.wikipedia.org/wiki/Fruit#Development		
	BBC Bitesize Food Technology: http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/		
How can technology	ICT access for research		
help in this subject?	Laptops		
	Numeracy - weighing and measuring, recipe a	daptation	
Skills required to	Literacy - portfolio, key literacy, annotation, evaluation, written response in exam		
succeed in this subject	Design skills -illustration		
Subjectiii	Practical Food Preparation skills		
	Research skills		
	Data analysis and presentation skills		
Vision for this	To enable pupils to cook proficiently, selecting appropriate tools and equipment and cooking methods.		
subject	To be able to read and follow a recipe accurately to produce successful outcomes.		
	To be able to share cooking practises in the home environment and develop skills through further learning at home.		
	To broaden the healthy eating concept and encourage exploration of global cuisine/special diets.		

Food and Nutrition

Year group: 8		Exam Board:WJEC	
	Content	Department Assessment	
	FPT Bread Tasting	Recap Weighing & Measuring Skills	
	FPT Final Bread Product (Individual)	Food Safety & Hygiene	
Autumn		Self-assessed	
Term 1	Theory:	Teacher Assessed	
I CI III I	Food Safety & Hygiene		
	Food Contamination and Bacteria		
	Food Technology Key Terms		
	Understanding the History of Breadmaking		
	Bread Ingredients and Equipment		
	HL: Bread Fact File		
	FPT Chilli Con Carne	Bridge Hold/Claw & Grip	
	FPT Christmas Baking	Oven/Hob Safety	
Autumn	Theorem		
Term 2	Theory:	Self- Assessed	
	Bread Around the World Sensory Analysis	Teacher Assessed	
	Communicating Ideas Bread Design		
	Eatwell Guide		
	Nutrients		

	FPT PARMESAN NUGGETS	
		Coating-
	FPT JAM TARTS	Rubbing-In Pastry Method
Spring	FPT MINI QUICHE	Planning Process
Term 1		
leilli I		Teacher-Assessment
	Theory:	
	Food Around the World	
	What the World Eats	
	Menu Planning	
	Time Planning	
	FPT Global Food Product	Safe use of gas/electrical appliances
Spring		Selection of Tools and Equipment
Spring		Preparation Process
Term 2	Theory:	H&S
	Fairtrade	Product Outcome
	Fairtrade Snack Products	Peer Assessment
		Teacher Assessment
	FPT Fairtrade Snack Product	Self-Management
Summer	Theory:	Literacy Skills
Term 1	Special Diets	Teacher Assessment
	Recipe Writing	
	Packaging Food Products	
Summer	Theory:	Understand the function of edible casing products for fast food service
Term 2	Wrap It Up! Food Design Assessment	
	Project	Design Communication and Annotation
		Teacher Assessed

	End of Year Assessment Exam	
Homework	Aims to link real life scenarios and cooking environment with class experiences. E.g. comparison of equipment, grocery shopping, healthy eating, (Eatwell Plate), food preparation and storage, food safety etc. Build independent research skills about global food and knowledge of industrial practices	
Subject / Department KeyTerms	Ingredients, Equipment, Functions of Ingredients and Skills Key Terms	
	HS Healthy eating	
Recommende d Reading / Viewing	http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx	
	Change 4 life	
	http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx	
	BBC Food recipes http://www.bbc.co.uk/food/	
	Fairtrade http://www.fairtrade.org.uk/What-is-Fairtrade	
	Food miles http://www.foodmiles.com/more.cfm	
	Fruit classification	
	https://en.wikipedia.org/wiki/Fruit#Development	
	po // onthingosistor g/ white i delite out of opinions	
	BBC Bitesize Food Technology	
	http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/	

How can	ICT access for research		
technology	Lantons		
l	Laptops		
help in this			
subject?			
	Numeracy - weighing and measuring, recipe adaptation		
	Weighing and measuring, recipe adaptation		
Skills	Literacy - portfolio, key literacy, annotation, evaluation, written response in exam		
required to	Design skills -illustration		
succeed in			
this	Practical Food Preparation skills		
auhi ah			
subject	Research skills		
	Deta analysis and approximation skills		
	Data analysis and presentation skills		
	To enable numile to each proficiently colocting appropriate tools and equipment and		
	To enable pupils to cook proficiently, selecting appropriate tools and equipment and		
Vision for	cooking methods.		
	To be able to read and follow a recipe accurately to produce successful outcomes.		
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subject	To be able to share cooking practises in the home environment and develop skills		
	a mough farther learning at home.		
	To broaden the healthy eating concept and encourage exploration of global		
	, , , , , , , , , , , , , , , , , , , ,		
	through further learning at home. To broaden the healthy eating concept and encourage exploration of global cuisine/special diets.		

Food and Nutrition		
Year group	: 9	Exam Board: WJEC
	Content	Department Assessment
Autumn	FPT Cup Cakes -Creaming Method & portion control FPT Cake experiment - Effects of adding and removing key ingredients/ Creaming method	Weighing & Measuring Skills
Term 1	Be a safe food handler Science of cooking Cake investigation Cake making methods Cake taste testing	Knife Skills Self-assessed Teacher Assessed
Autumn Term 2	FTP Thai Green curry with naan bread - working in pairs, modelling and shaping the bread FTP Stir Fry - Pan frying, chopping measuring, using timers effectively FTP - Palmier biscuits (Christmas cooking) - layering, constructions skills, shaping Theory: Small cupcake business analysis Costing and packaging	Bridge Hold/Claw & Grip Hob Safety Teacher Assessed Self- Assessed
Spring Term 1	FPT Baklava (Greek cooking)- Layering, construction and hob skills FPT Jamaican patty - Construction skills, hob skills Theory: Special dietary needs Macro and Micronutrients What is an antioxidant? Vegetarian cooking Intolerances and allergies Focus countries: Greece and Jamaica	Safe use of electrical appliances Formal FPT Assessment Preparation Process H & S Product Outcome Self-Assessment
Homework	Aims to link real life scenarios and cooking environment with class experiences. E.g. comparison of equipment, grocery shopping, healthy eating, (Eatwell Plate), food preparation and storage, food safety etc. Build independent research skills about global food and knowledge of industrial practices	
Subject / Department KeyTerms	Ingredients, Equipment and Skills Key Terms	

Recommended	Health and Safety basics https://www.youtube.com/watch?v=pLJ703rOTq4
Reading / Viewing	BBC GCSE Food preparation and handling https://www.youtube.com/watch?v=flxmB8NKMzE
	BBC Food recipes http://www.bbc.co.uk/food/
	Channel 5 Wonderful World of Cakes https://www.channel5.com/show/amazing-cakes-bakes/
	Channel 4 Extreme cake makers https://www.channel4.com/programmes/extreme-cake-makers
	Paul Hollywood What went wrong with cakes https://www.youtube.com/watch?v=m8g0CZrt7yw
	BBC Bitesize Food Technology http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/
	Food intolerances - What is celiac disease? https://www.youtube.com/watch?v=I2KKyUo8Ujs
	Vegan diet - The Game Changers https://www.youtube.com/watch?v=xXJMiXcxUfc
How can technology help in this subject?	ICT access for research Laptops
Skills required to succeed in this subject	Numeracy - weighing and measuring, recipe adaptation Literacy - portfolio, key literacy, annotation, evaluation, written response in exam Design skills -illustration Practical Food Preparation skills Research skills Data analysis and presentation skills
Vision for this subject	To enable pupils to cook proficiently, selecting appropriate tools and equipment and cooking methods. To be able to read and follow a recipe accurately to produce successful outcomes. To be able to share cooking practises in the home environment and develop skills through further learning at home. To broaden the healthy eating concept and encourage exploration of global cuisine/special diets.

Food and Nutrition		
Year grou	p: 10	Exam Board: WJEC Eduqas
	Content	Department Assessment
Autumn Term 1	FPT Garnishes - Knife Skills/Fruit/Veg FPT Calzone Pizza - Bread dough FPT Fish Cakes - Coating and combining FPT Cheesecake - Gelation FPT Naan - Additions/Toppings/Global Staple FPT Palmiers - Pastry Preparation/Shaping FPT Casserole - Moist cooking method Theory Booklet: Food Commodities Diet & Good Health	Weighing & Measuring Skills Knife Skills Science of Cooking Food Safety and Hygiene Development of Skills Seasonal/Special Diet/Global Foods Self-assessed/Peer Assessed Teacher Assessed Regular Assessment Test
Autumn Term 2	SCONES INVESTIGATION Report Research, Hypothesis, Plan, Conduct Experiment, Analyse Data, Conclusion. Theory Booklet: Balanced Diet Science of Food STREETFOOD DMA Project Research, Plan, trial dishes, Manufacture, Evaluate.	Teacher Assessed Coursework Portfolio Fair Testing Record and Analysis of Data Assessment 1: Component 2 15% GCSE 8 hours Coursework inc. 1.5 hour Practical Assessment 2: Component 2 35% GCSE 12 hours Coursework inc. 3 hour Practical
Spring Term 1	DMA Research: Research/Mindmap Questionnaire/Results Analysis Sensory Analysis Testing Menu Ideas Trial Dishes & Practise Exam Trial Dish Evaluation Theory Booklet: Why recipes do not succeed. Food Spoilage Food Provenance Sustainability & Food Security	Preparation Process Equipment & Skills Cooking Process Product Outcome Self-Assessment Teacher Assessment
Spring Term 2	DMA Planning: Final Menu & Justification Food Requisitions Production Plan Production Plan Finish and preparing Theory Booklet: Food Manufacturing Primary/Secondary Processing Technological Development	Formal FPT Teacher Assessment Preparation Process Equipment & Skills Cooking Process H & S Product Outcome Self-Assessment Regular Assessment Test Practical Exam 1hour 30 min

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	Evaluation of Exam	Teacher Assessment	
	DMA Completion:		
Summer	Nutritional Tables		
Term 1	Costing		
	Evaluation		
	Conclusion		
	Appendices		
	Exam Preparation		
	Practical Skills Continued:	Teacher Assessment	
Summer	FPT Roast meat & Veg Dry heat method		
Term 2	FPT Creamed Sponge - Creaming/Processor		
l Cilli Z	FPT Quiche - Coagulation/Rubbing In		
	FPT Chocolate Eclairs - Choux Pastry/Piping		
	FPT Hollandaise Sauce/Poached Egg FPT Homemade Pasta & White Sauce		
	Aims to link real life scenarios and cooking environment wi		
Hemenus and	comparison of equipment, grocery shopping, healthy eatin	g, (Eatwell Plate), food preparation	
Homework	and storage, food safety etc.		
	Build independent research skills about global food and kn	owledge of industrial practices	
	Practise Exam Questions/Past Papers/Revision Guide		
	Flash Cards Development for Revision		
Subject /	Examination Command Words		
	Topic Key Terms and Definitions		
Department	Equipment and Skills Terms		
Key Terms			
	Change 4 life http://www.nhs.uk/Change4Life/Pages/be-n	nore-active.aspx	
	BBC Food recipes http://www.bbc.co.uk/food/	· ·	
Recommended	BBC Bitesize Food Technology		
Reading /	http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/		
Viewing	https://www.youtube.com/watch?v=227cldg0lxk		
	UK Food Banks See Spike in Demand As More Families Affected by Pandemic		
	https://www.youtube.com/watch?v=xJfgXtXeYas		
	Fix Pension Poverty 1.5 million older Australians rely solely on the Age Pension. Almost a third		
	of them are living in poverty.		
	https://www.youtube.com/watch?v=aMV3g4ME6-w		
	One Week Of ONLY Seasonal And Local Food Challenge		
	STREETFOOD:		
	https://www.youtube.com/watch?v=stKQNtc16zc		
	https://www.youtube.com/watch?v=IZGnEC8y158		
	https://www.youtube.com/watch?v=GOaVYjQ9jFo	ation Mandanal	
	GCSE FOOD PREPARATION & NUTRITION WJEC Exam Pra	cuce workdook	
How can	ICT access for research		
technology	Lantons		
help in this	Laptops		
<u>-</u>			
subject?			
GL:	Numeracy - weighing and measuring, recipe adaptation		
Skills	Literacy - portfolio, key literacy, annotation, evaluation, written response in exam		
required to	Design skills -illustration		
succeed in	Practical Food Preparation skills		
this	Research skills		
subject	Data analysis and presentation skills		
Subject	Reflective Evaluation Skills		
1	I		

Vision for this subject...

To enable pupils to cook proficiently, selecting appropriate tools and equipment and cooking methods.

To be able to read and follow a recipe accurately to produce successful outcomes.

To be able to share cooking practises in the home environment and develop skills through further learning at home.

To broaden the healthy eating concept and encourage exploration of global cuisine/special diets.

Food and Nutrition		
Year group: 11		Exam Board: WJEC Eduqas
	Content	Department Assessment
Autumn Term 1	SUGAR IN SPONGE CAKES INVESTIGATION Research, Hypothesis, Plan, Conduct Experiment, Analyse Data, Conclusion.	Teacher Assessed Coursework Portfolio Fair Testing Record and Analysis of Data
reili I	Theory REVISION PRACTICE QUESTIONS AND FLASH CARDS: Food Commodities Diet & Good Health	Self-assessed/Peer Assessed Teacher Assessed Regular Assessment Test Assessment 1: Component 2 15% GCSE 8 hours Coursework inc. 1.5 hour Practical
Autumn	Theory REVISION PRACTICE QUESTIONS AND FLASH CARDS: Balanced Diet Science of Food	Self-assessed/Peer Assessed Regular Assessment Test Preparation Process
Term 2	DMA Project Research, Plan, trial dishes, Manufacture, Evaluate. DMA Research: Research/Mindmap Questionnaire/Results Analysis Sensory Analysis Testing Menu Ideas Trial Dish Evaluation	Equipment & Skills Cooking Process Product Outcome Assessment 2: Component 2 35% GCSE 12 hours Coursework inc. 3 hour Practical
Spring Term 1	DMA Planning: Final Menu & Justification Food Requisitions Production Plan Production Plan Finish and preparing Practical Exam 3 hour Theory Booklet: Why recipes do not succeed. Food Spoilage Food Provenance	Formal FPT Teacher Assessment Preparation Process Equipment & Skills Cooking Process H & S Product Outcome Self-Assessment Teacher Assessment
Spring Term 2	Sustainability & Food Security Evaluation of Exam DMA Completion: Nutritional Tables Costing Evaluation Conclusion	Teacher Assessment Self-Assessment
	Conclusion Appendices Theory REVISION PRACTICE QUESTIONS AND FLASH CARDS: Food Manufacturing Primary/Secondary Processing Technological Development	Regular Assessment Test

Homework	Aims to link real life scenarios and cooking environment with class experiences. E.g. comparison of equipment, grocery shopping, healthy eating, (Eatwell Plate), food preparation and storage, food safety etc.
	Build independent research skills about global food and knowledge of industrial practices
	Practise Exam Questions/Past Papers/Revision Guide
	Flash Cards Development for Revision
Subject /	Examination Command Words
Department	Topic Key Terms and Definitions
KeyTerms	Equipment and Skills Terms
Recommended Reading /	Change 4 life http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx BBC Food recipes http://www.bbc.co.uk/food/
Viewing	
	BBC Bitesize Food Technology http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/
	http://www.bbc.co.div/scrioois/gesebicesize/design/100dicen/
	https://www.youtube.com/watch?v=227cldg0lxk UK Food Banks See Spike in Demand As More Families Affected by Pandemic
	https://www.youtube.com/watch?v=xJfgXtXeYas
	Fix Pension Poverty 1.5 million older Australians rely solely on the Age Pension. Almost a third
	of them are living in poverty. https://www.youtube.com/watch?v=aMV3q4ME6-w
	One Week Of ONLY Seasonal And Local Food Challenge
	STREETFOOD: https://www.youtube.com/watch?v=stKQNtc16zc
	https://www.youtube.com/watch?v=IZGnEC8y158
	https://www.youtube.com/watch?v=GOaVYjQ9jFo
	GCSE FOOD PREPARATION & NUTRITION WJEC Exam Practice Workbook
How can	
technology	ICT access for research
help in this	Laptops
subject?	Numeracy - weighing and measuring recipe adaptation
Skills required to	Numeracy - weighing and measuring, recipe adaptation Literacy - portfolio, key literacy, annotation, evaluation, written response in exam Design skills -illustration Practical Food Preparation skills
succeed in	Research skills Data analysis and presentation skills
this	Reflective Evaluation Skills
subject	
	To enable pupils to cook proficiently, selecting appropriate tools and equipment and cooking
Vision for	methods. To be able to read and follow a recipe accurately to produce successful outcomes.
this	To be able to share cooking practises in the home environment and develop skills through
subject	further learning at home. To broaden the healthy eating concept and encourage exploration of global cuisine/special diets.