



Food & Nutrition 5 Year Curriculum Journey

Food 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 <i>Blender safety</i> 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

Summer Term 2	Marketing and Advertising - Poster Campaign Costing - Cake Ingredients & Finishing Prototyping Packaging - Graphic Communication HL: Revision of topics End of Year Assessment Exam	Graphic Communication Skills and annotation Teacher Assessed
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 Reading / Viewing	HS Healthy eating: 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 BBC Bitesize Food Technology: http://www.bbc.co.uk/schools/qcsebitesize/design/foodtech/	
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.	

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

Spring Term 1	FPT PARMESAN NUGGETS FPT JAM TARTS FPT MINI QUICHE Theory: Food Around the World What the World Eats Menu Planning Time Planning	Coating- Rubbing-In Pastry Method Planning Process Teacher-Assessment
Spring Term 2	FPT Global Food Product Theory: Fairtrade Fairtrade Snack Products	Safe use of gas/electrical appliances Selection of Tools and Equipment Preparation Process H & S Product Outcome Peer Assessment Teacher Assessment
Summer Term 1	FPT Fairtrade Snack Product Theory: Special Diets Recipe Writing Packaging Food Products	Self-Management Literacy Skills Teacher Assessment
Summer Term 2	Theory: Wrap It Up! Food Design Assessment Project	Understand the function of edible casing products for fast food service 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	<i>Ingredients, Equipment, Functions of Ingredients and Skills Key Terms</i>	
Recommended Reading / Viewing	HS Healthy eating 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 BBC Bitesize Food Technology http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/	

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.

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Year group: 9		Exam Board: WJEC
	Content	Department Assessment
Autumn Term 1	FPT Cup Cakes -Creaming Method & portion control FPT Cake experiment - Effects of adding and removing key ingredients/ Creaming method Be a safe food handler Science of cooking Cake investigation Cake making methods Cake taste testing	Weighing & Measuring Skills 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 Reading / Viewing	Health and Safety basics https://www.youtube.com/watch?v=pLJ703rOTq4 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=l2KKyUo8Ujs Vegan diet - The Game Changers https://www.youtube.com/watch?v=xJMiXcxUfc
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
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Food and Nutrition		
Year group: 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 <u>Trial Dishes & Practise Exam</u> 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 <u>Practical Exam 1hour 30 min</u>

Summer Term 1	Evaluation of Exam DMA Completion: Nutritional Tables Costing Evaluation Conclusion Appendices Exam Preparation	Teacher Assessment
Summer Term 2	Practical Skills Continued: FPT Roast meat & Veg. - Dry heat method FPT Creamed Sponge - Creaming/Processor FPT Quiche - Coagulation/Rubbing In FPT Chocolate Eclairs - Choux Pastry/Piping FPT Hollandaise Sauce/Poached Egg FPT Homemade Pasta & White Sauce	Teacher 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 Practise Exam Questions/Past Papers/Revision Guide Flash Cards Development for Revision	
Subject / Department Key Terms	Examination Command Words Topic Key Terms and Definitions Equipment and Skills Terms	
Recommended Reading / Viewing	Change 4 life http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx BBC Food recipes http://www.bbc.co.uk/food/ BBC Bitesize Food Technology http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/ 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=xJfqXtXeYas 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=stKONtc16zc 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 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 Reflective Evaluation 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.
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Year group: 11		Exam Board: WJEC Eduqas
	Content	Department Assessment
Autumn Term 1	<u>SUGAR IN SPONGE CAKES INVESTIGATION</u> Research, Hypothesis, Plan, Conduct Experiment, Analyse Data, Conclusion. Theory REVISION PRACTICE QUESTIONS AND FLASH CARDS: Food Commodities Diet & Good Health	Teacher Assessed Coursework Portfolio Fair Testing Record and Analysis of Data Self-assessed/Peer Assessed Teacher Assessed Regular Assessment Test Assessment 1: Component 2 15% GCSE 8 hours Coursework inc. 1.5 hour Practical
Autumn Term 2	Theory REVISION PRACTICE QUESTIONS AND FLASH CARDS: Balanced Diet Science of Food DMA Project Research, Plan, trial dishes, Manufacture, Evaluate. DMA Research: Research/Mindmap Questionnaire/Results Analysis Sensory Analysis Testing Menu Ideas Trial Dish Evaluation	Self-assessed/Peer Assessed Regular Assessment Test Preparation Process 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 <u>Practical Exam 3 hour</u> Theory Booklet: Why recipes do not succeed. Food Spoilage Food Provenance Sustainability & Food Security	Formal FPT Teacher Assessment Preparation Process Equipment & Skills Cooking Process H & S Product Outcome Self-Assessment Teacher Assessment
Spring Term 2	Evaluation of Exam DMA Completion: Nutritional Tables Costing Evaluation Conclusion Appendices Theory REVISION PRACTICE QUESTIONS AND FLASH CARDS: Food Manufacturing Primary/Secondary Processing Technological Development	<i>Teacher Assessment</i> Self-Assessment 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 / Department KeyTerms	Examination Command Words Topic Key Terms and Definitions Equipment and Skills Terms
Recommended Reading / Viewing	Change 4 life http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx BBC Food recipes http://www.bbc.co.uk/food/ BBC Bitesize Food Technology http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/ 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 GCSE FOOD PREPARATION & NUTRITION WJEC Exam Practice Workbook
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 Reflective Evaluation Skills
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