

Food Preparation and Nutrition					
Key Stage 2 Curriculum includes - understand and apply the principles of a healthy and varied diet - prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques - understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.					
Term	Yr7	Yr8	Yr9	Yr10	Yr11
Autumn 1	Introduction and Health and safety Health and safety Demo Veg Stir Fry Veg Stir Fry Practical -Safe Storage -Healthy Eating Plate -Mini Toad in the holes -Understand how to use a cooker, weigh and measure -Sausage Pasta practical - Culture Mood board -Sensory Analysis Understand where food comes from -Goujon Practical	Understand what happens when food is cooked Understanding of different types of pastry and shortening method Practical Shortbread Assessment Sensory analysis Practical of mini frittatas Understand heat transfer methods Practical Chicken tikka masala Assessment investigation of raising agents	Practical Skills - -Knife skills S2 - Carrots -Lasagne S1 S2 S4 S6 S8 S12-Roux sauce - Gelatinisation - -Chilli on Carne and homemade tortilla chips S1 S2 S3 S4 S6 S8 S10 - Chocolate orange madeleines S1 S3 S4 S5 S10 S11 Technical knowledge- -Understanding different types of Italian foods, Key ingredients and health benefits -Understanding different types of Mexican foods, Key ingredients	Mock Non Examined Assessment 1- Section A - (6 Marks) Section B - (15 Marks) Practical Skills - Section B Investigation 1, 2, 3, 4 -Heat transfer methods: Fish Dish (Fillet Fish) Theory knowledge- -Selecting appropriate cooking methods -Nutrients -Proteins - Raising agents	Non Examined Assessment 1- Section A - (6 Marks) Section B - (15 Marks) Practical Skills - - Section B Investigation 1, 2, 3, 4 Theory knowledge- Revision of areas identified in PPE's

Aututm 2	- Pizza Face Design Ideas -FPN! face Practical cheese and pesto swirls Assessment Understanding preserving methods Enzymic browning experiment Practical Guacamole and tortilla chips lesson Coagulation		Practical Skills - Dark Chocolate and Pumkin Tart. S1 S2 S3 S4 S5 S10 S12 -Sweet Potato Pie S1 S3 S4 S5 S8 S10 - Naan Bread and Indian Lamb Minced Skewers and Indian Mint Sauce S1 S2 S3 S4 S6 S7 S8 S10 - Mousakka S1 S2 S3 S4 S6 S7 S8 S12 - Chocolate Gingerbread Bundt with Cream Cheese Frosting S1 S4 S8 S5 S11 -Theory Knowledge - Understanding different types of American foods, Key ingredients and health benefits -Understanding different types of Indian foods, Key ingredients and health benefits Understanding different types of Greek foods,	Mock Non Examined Assessment 1- -Section C - Analysis and evaluation (9 Marks) Theory knowledge- -Vitamins and minerals - Carbohydrates - Fats and oils. -Sources of food booklet Mock Non Examined Assessment 2- Section A (6 Marks)	Non Examined Assessment 1- -Section C - Analysis and evaluation (9 Marks) Non Examined Assessment 2- Section A (6 Marks) Theory knowledge- Revision of areas identified in PPE's
Spring 1			Practical Skills - Pasta Dish - Fresh Pasta - Meat and Potato Pie - Toad in the hole - Shepherds Pie - Yorkshire puddings Old and New Theory knowledge - Carbohydrates - Proteins - Food safety, preserving and food spoilage	Mock Non Examined Assessment 2- Section B (18 Marks) Practical Skills - -Farm Assured/Organic Meal - Large scale production - party food Theory knowledge- -Allergies and Intolerances - Packaging Analysis - Where food comes from	Non Examined Assessment 2- Section B (18 Marks) Section C (8 Marks) Practical Skills - Section B - Trials 1, 2, 3, 4 Theory knowledge- Revision of areas identified in PPE's

Spring 2			Practical Skills - Food Styling - Healthy Light Lunch - Risotto - Perfect Roast Chicken Theory knowledge - Home grown food Primary and Secondary Food Processing - Food choice specific dietary requirements	Mock Non Examined Assessment 2- Section C (8 Marks) Section D (30 Marks) Practical Skills - -Enzymic Browning - Apple, Avocado - Caramelisation - Crunchie Bar - Maillard Reaction - Welsh rarebit Theory knowledge- -Enzymic Browning - Apple	Non Examined Assessment 2- Section D (30 Marks) Section E (8 Marks) Practical Skills - Section D - 3 Hour Exam Theory knowledge- Revision of areas identified in PPE's
Summer 1			Theory knowledge- Understanding British Cuisine - Booklet -Understanding the theory of meat -Understanding lifestyle influences and dietary requirements -Marvellous meat -Food provenance - Practical Skills -Cornish pasties -Chicken assessment -Bakewell chicken	Mock Non Examined Assessment 2- Section E (8 Marks) Practical Skills - -Fresh pasta, pasta machines and Ravioli cutters -Food Styling Theory knowledge- - Fats -Micronutrients - Microorganisms, Enzymes and Food Spoilage	
Summer2 (1			Theory Knowledge -Food choice dietary -Evaluating outcomes -Creating a time plan -Food safety Practical Skills - -Bakewell tart -Jaffa cakes	Mock Non Examined Assessment 2- PPE's Practical Skills - PPE's Theory knowledge-	