

Food Preparation and Nutrition

Theme/Concept	(KS2)	Year 7	Year 8	Year 9	Year 10	Year 11	(Post-16)
Nutrition & Health	<i>understand and apply the principles of a healthy and varied diet. What are the 5 nutrients. What are the 5 food groups on the Eatwell guide.</i>	Carbohydrates – starches. Sugar and the effects on health. Dietary fibre and its importance. Vitamins Recipe modification.	Fats Calcium Vitamin A Essential fatty acids – omega 3 Eat well guide Protein 8 tips for healthy eating.	Saturated fat Trans-fats	Macronutrients Protein Carbohydrate - Fibre Fats Micronutrients Vitamins Minerals Water Impact of food on health (diet related disease) Body mass index Physical activity level Glycaemic index	NEA 2 Researching nutrition, the Eat Well guide and healthy eating guidance. Analysis of dishes produced evaluating nutritional values and impact on health.	<i>Doctor, dietician, Chiropractor, nutritionist, nurse, child welfare, social services, childcare...</i>
Choice	<i>Making healthy choices when selecting foods. Eat more fruit and vegetables linked to '5-A-Day'.</i>	Vegetarianism Veganism	Cultural and religious choice	Pork Lactose intolerance Coeliac disease Convenience foods Novel foods (protein alternatives)	Food choice based on Health Religion Marketing Cost Income Skill (competence) Confidence Culture Types of cuisine Italian British Japanese	NEA 2 Analysing dishes made and how food choice would impact potential consumers. May also specifically target foods at particular special diets. Adaptations of recipes to suit particular diets.	<i>Dietician, nutritionist, travel agent, Food taster</i>
Science	<i>Photosynthesis How plants/foods grow.</i>	Raising agents Enzymic browning	Cooking methods Heat transference	Gluten Fermentation Denaturation Coagulation Chemical raising agents	Changing properties of Protein Carbohydrate Fat Cooking methods Heat transfer Food experimentation and sensory analysis.	NEA 1 Investigate the functional and chemical properties of specified foods/ ingredients through research and experiments.	<i>Food scientist, Dietician, Nutritionist, Biology, Doctor, nurse, chef, food developer</i>
Provenance	<i>Climate affecting land and food production. Droughts and floods and their impact on food.</i>	Origins of dried fruits Grown foods Reared foods Origins of cocoa Origins of sugar Fair trade products	Cheese – origins, how it is made Organic farming Intensive farming GM food production. Caught food Spices	Wheat flour Yeast Processed foods Origin of chicken Protein alternatives (TVP, tofu, soya, microprotein)	Global Food production Primary processing Secondary processing Food security	NEA 2 Investigation of task 2 cuisine Ingredients Cooking methods Environmental impact of foods made Air miles Carbon footprint	<i>Food factory, farmer, climate scientist, food scientist, Public health inspector.</i>
Safety	<i>Basic hygiene procedures. Highlighting dangers in a kitchen like sharp tools and hot equipment.</i>	Introduce safe working practices- safety and hygiene. Key temperatures Safe storage of foods Food poisoning and bacteria Cross contamination	Embed safe working practices. Key temperatures Safe storage of foods Salmonella food poisoning Correct chopping boards Cross contamination	Best practice safe working practices.	Types of food poisoning. good practice Storing Handling Preparing Cooking HACCP Cross contamination	NEA 1 & NEA 2 Safe working practices in a kitchen. Personal and working hygiene	<i>Food standards inspector, chef, researcher,</i>
Preparation Skills	<i>prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques</i>	Knife techniques – bridge and claw Chopping and slicing Peeling Correct and safe use of hob Correct and safe use of Oven Rubbing in method Handling meat Shaping Correct and safe use of grill Melting method	Bridge and claw - Dicing - Julienne of veg - Slicing - Crushing garlic - Jardinière of veg - Shredding Sauté Preparing chicken Use of spices/ seasonings	Making bread Kneading Rolling Spreading Grating Shortcrust pastry Blind baking Sauce (reduction) Flaky pastry	Portioning chicken Scale and fillet fish Types of pastry - shortcrust - flaky - choux Making a sauce Reduction Roux Starch based Different breads Knife skills Meringue Coating Range of cooking methods.	NEA 1 & NEA 2 4 science experiments investigating set task 1 investigating the chemical and functional properties of food. Demonstrating skills – 3 practical dishes based on a task selected. Final practical exam – 3 dishes produced over three hours based on task selected.	<i>Catering and hospitality, chef, baker, patisserie chef, home maker, child care, waiter, bar staff, café worker, Barista, Sommelier</i>
Products & Assessment		Fruit Salad Pasta Salad Scones Tiffin Burger Patty Scone based pizza Knowledge Test	Greek Salad Mince Pies Stir Fry Tuna pasta bake Fajitas Eggs Knowledge Test	Bread Pizza Cheese Flan Curry & Naan Bread Sausage Rolls Lemon Drizzle Cake Knowledge Test	Lamb ragu and focaccia, Jambalaya Apple Crumble Profiteroles Lemon Meringue Pie	Production of 3 separate 'Demonstrating Skills' practical dishes. Controlled assessment to produce 3 separate dishes in 3 hours.	

understand and apply the principles of nutrition and health

understand the source, seasonality and characteristics of a broad range of ingredients

become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; diet