

**CURRICULUM SUMMARY –  
Cooking and Nutrition (KS3) Food  
Preparation and Nutrition (KS4)**

**YEAR 7 COOKING AND NUTRITION**

The student are taught for ½ the year, then rotate.

**Year 7**

**CONTENT**

Hygiene and Safety  
What to do if there is an accident  
Weighing and Measuring  
Equipment and Cookers  
Spelling Test  
Healthy eating and the Eatwell Guide  
Science behind bread making  
Basic Nutrition  
Sensory Analysis  
Social/Moral/Environmental Issues

**PRACTICAL WORK**

Fruit Salad  
Cheesy Scones  
Fruit Sponge  
Bread Rolls  
Roasted Vegetables and Couscous Salad  
Macaroni Cheese  
Pasta Salad  
Stir Fry Vegetables

**ASSESSMENTS**

- Homework 3, 4 and 5
- Practical work

**HOW PARENTS CAN SUPPORT LEARNING**

Encourage discussion of the nutritional content and sensory properties of food eaten together as a family.  
Encourage independent food choice – making their packed lunch, breakfast for the family at weekends etc based on the Eatwell Guide  
Let your child cook dinner for the whole family – remember the chef doesn't do the washing up at the end of the meal!  
Cook together.

## **YEAR 8 COOKING AND NUTRITION**

The student are taught for ½ the year, then rotate.

### **Year 8**

#### **CONTENT**

Reminders - Hygiene and Safety and What to do if there is an accident

8 Tips for a Healthy Diet

Adapting recipes to make them healthier

Nutrition

Special Dietary Needs

Spelling Test

Food Allergens and labelling

Food Commodities – where does our food come from?

Functions of Ingredients

#### **PRACTICAL WORK**

Fruit Muffins

Chilli Con Carne

Savoury Pinwheels

Halloumi Kebabs and Quinoa

Vegetable Pasta Bake

Risotto

Classic Tomato Ragu (sauce)

Vegetable and chick pea curry

#### **ASSESSMENTS**

- Practical Work
- Homework project

#### **HOW PARENTS CAN SUPPORT LEARNING**

Encourage discussion of the nutritional content and sensory properties of food eaten together as a family.

Encourage independent food choice – making their packed lunch, breakfast for the family at weekends etc based on the Eatwell Guide

Let your child cook dinner for the whole family – remember the chef doesn't do the washing up at the end of the meal!

Cook together.

TERM 1	TERM 2	TERM 3
<p><b>CONTENT</b>            Nutrition – Macro and micro nutrients            Nutrition and Health            Food Preparation Skills – general practical skills            Knife skills            Use of the cooker            Use of equipment            Tenderising and marinating            Practice exam questions</p>	<p><b>CONTENT</b>            Food Science            Functional and chemical properties of food            Food Preparation Skills - preparing, combining and shaping            Sauce-making            Dough            Raising agents            Practice exam questions</p>	<p><b>CONTENT</b>            Functional and chemical properties of food ... cont            Sensory evaluation            Food labelling and marketing            NEA practice work - Food Investigation            Food spoilage and contamination            Principles of food safety</p>
<p><b>PRACTIAL WORK</b>            Bread rolls            Victoria Sandwich            Cake decorating            Yummy Chocolate Pudding            Shortcrust Pastry            Quiche            Swiss Roll            Cheesecake            Vegetarian Chilli Con Carne            Spaghetti Bolognese            Potato Latkes</p>	<p><b>PRACTIAL WORK</b>            Risotto            Stir Fry            Roasted Vegetables            Sweet and Sour Noodles            Vegetable Curry            Macaroni Cheese            Homemade Pasta Sauce            Carrot muffins</p>	<p><b>PRACTIAL WORK</b>            Lemon Meringue Pie            Fish fingers            Trifle            Falafels            Tuna Lasagne            Spinach and Cream Cheese Roulade            Profiteroles and Caramel Sauce</p>
<p><b>ASSESSMENTS</b></p> <ul style="list-style-type: none"> <li>• Fruit and Vegetable project</li> <li>• Meat project</li> <li>• Class test x 2</li> <li>• Practical work</li> </ul>	<p><b>ASSESSMENTS</b></p> <ul style="list-style-type: none"> <li>• Milk, Cheese and Yoghurt project</li> <li>• Egg project</li> <li>• Class test x 2</li> <li>• Practical work</li> </ul>	<p><b>ASSESSMENTS</b></p> <ul style="list-style-type: none"> <li>• Pulses, seeds and nuts project</li> <li>• Class test</li> <li>• End of year exam</li> <li>• Practical work</li> </ul>
<p><b>HOW PARENTS CAN SUPPORT LEARNING</b>            Encourage their sons/daughters to cook regularly            Ensure that homework tasks are completed</p>	<p><b>HOW PARENTS CAN SUPPORT LEARNING</b>            Encourage their sons/daughters to cook regularly            Ensure that homework tasks are completed</p>	<p><b>HOW PARENTS CAN SUPPORT LEARNING</b>            Encourage their sons/daughters to revise for end of year exam            Encourage their sons/daughters to cook regularly            Ensure that homework tasks are completed</p>

**YEAR 10 GCSE FOOD PREPARATION AND NUTRITION AQA 8585**

TERM 1	TERM 2	TERM 3
<p><b>CONTENT</b>            Food Safety            Factors that affect food choice            Cooking of food and heat transfer revision            Food production and processing            Practice exam questions</p>	<p><b>CONTENT</b>            Food Provenance            Environmental impact and sustainability of food            Exam Preparation            NEA practice work - Food Investigation            NEA practice work - Food Preparation</p>	<p><b>CONTENT</b>            NEA practice work - Food Investigation            NEA practice work - Food Preparation</p>
<p><b>PRACTIAL WORK</b>            Vegetable Soup            Duchess Potatoes            Naan bread            Spicy Lentil and Vegetable Casserole            Braised rice            Pasta Dough            Thai Curry            Vegetarian Chow Mein            Savoury Palmiers</p>	<p><b>PRACTIAL WORK</b>            NEA practice work - Food Investigation            The students take part in a number of practical investigations that focus on looking at practical examples of the effect of cooking on ingredients            NEA practice work - Food Preparation</p>	<p><b>PRACTIAL WORK</b>            Special Dietary Needs – gluten free brownies            Vegetarian practicals – student’s choice            International cuisine, 4 practicals – student’s choice</p>
<p><b>ASSESSMENTS</b></p> <ul style="list-style-type: none"> <li>• Class test x 2</li> <li>• Practical work</li> </ul>	<p><b>ASSESSMENTS</b></p> <ul style="list-style-type: none"> <li>• Class test</li> <li>• Practical work</li> <li>• Mid-year exam</li> </ul>	<p><b>ASSESSMENTS</b></p> <ul style="list-style-type: none"> <li>• Food preparation practice project – International food</li> <li>• Practical work</li> </ul>
<p><b>HOW PARENTS CAN SUPPORT LEARNING</b>            Encourage their sons/daughters to cook regularly            Ensure that homework tasks are completed</p>	<p><b>HOW PARENTS CAN SUPPORT LEARNING</b>            Provide ingredients for the practical lessons            Encourage their sons/daughters to revise for mid year exam            Encourage their sons/daughters to cook regularly            Ensure that homework tasks are completed</p>	<p><b>HOW PARENTS CAN SUPPORT LEARNING</b>            Provide ingredients for the practical lessons            Encourage their sons/daughters to cook regularly            Ensure that homework tasks are completed</p>

**YEAR 11 GCSE FOOD PREPARATION AND NUTRITION AQA 8585**

TERM 1	TERM 2	TERM 3
<p>CONTENT</p> <p>NEA Food Investigation title released on 1<sup>st</sup> September</p> <p>NEA Food Preparation title released on 1<sup>st</sup> November</p>	<p>CONTENT</p> <p>NEA Food Preparation project</p>	<p>CONTENT</p> <p>Revision for written exam – 50% of GCSE</p>
<p>PRACTIAL WORK</p> <p>Food Investigation title released on 1<sup>st</sup> September</p> <p>Food Preparation title released on 1<sup>st</sup> November</p>	<p>PRACTIAL WORK</p> <p>NEA Food Preparation project</p>	<p>PRACTIAL WORK</p> <p>Targeted revision practicals – depending upon group</p>
<p>ASSESSMENTS</p> <ul style="list-style-type: none"> <li>NEA Food Investigation PRACTICAL WORK</li> </ul>	<p>ASSESSMENTS</p> <ul style="list-style-type: none"> <li>NEA Food Preparation PRACTICAL EXAM 3 hours</li> </ul>	<p>ASSESSMENTS</p> <ul style="list-style-type: none"> <li>GCSE Written Exam</li> </ul>
<p>HOW PARENTS CAN SUPPORT LEARNING</p> <p>Provide ingredients for the practical lessons</p> <p>Encourage their sons/daughters to revise for mock exam</p> <p>Encourage their sons/daughters to cook regularly</p> <p>Ensure that homework tasks are completed</p>	<p>HOW PARENTS CAN SUPPORT LEARNING</p> <p>Encourage their sons/daughters to practise cooking for their practical exam</p> <p>Provide ingredients for the practical exam</p> <p>Encourage their sons/daughters to cook regularly</p> <p>Ensure that homework tasks are completed</p>	<p>HOW PARENTS CAN SUPPORT LEARNING</p> <p>Encourage their sons/daughters to revise for written exam</p> <p>Encourage their sons/daughters to cook regularly</p> <p>Ensure that homework tasks are completed</p> <p>Provide ingredients for the practical lessons</p>

Year 12

TERM 1	TERM 2	TERM 3
CONTENT	CONTENT	CONTENT
PRACTIAL WORK	PRACTIAL WORK	PRACTIAL WORK
ASSESSMENTS <ul style="list-style-type: none"><li>•</li></ul>	ASSESSMENTS <ul style="list-style-type: none"><li>•</li></ul>	ASSESSMENTS <ul style="list-style-type: none"><li>•</li></ul>
HOW PARENTS CAN SUPPORT LEARNING	HOW PARENTS CAN SUPPORT LEARNING	HOW PARENTS CAN SUPPORT LEARNING

Year 13

TERM 1	TERM 2	TERM 3
CONTENT	CONTENT	CONTENT
PRACTIAL WORK	PRACTIAL WORK	PRACTIAL WORK
ASSESSMENTS <ul style="list-style-type: none"><li>•</li></ul>	ASSESSMENTS <ul style="list-style-type: none"><li>•</li></ul>	ASSESSMENTS <ul style="list-style-type: none"><li>•</li></ul>
HOW PARENTS CAN SUPPORT LEARNING	HOW PARENTS CAN SUPPORT LEARNING	HOW PARENTS CAN SUPPORT LEARNING