

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

YEAR 7 COOKING AND NUTRITION

The student are taught for the whole year fortnightly.

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 the whole year fortnightly.

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.

YEAR 9

FOOD PREPARATION AND NUTRITION AQA 8585

| TERM 1 | TERM 2 | TERM 3 |
|---|---|--|
| <p>CONTENT 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>CONTENT 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>CONTENT 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>PRACTIAL WORK 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>PRACTIAL WORK Risotto Stir Fry Roasted Vegetables Sweet and Sour Noodles Vegetable Curry Macaroni Cheese Homemade Pasta Sauce Carrot muffins</p> | <p>PRACTIAL WORK Lemon Meringue Pie Fish fingers Trifle Falafels Tuna Lasagne Spinach and Cream Cheese Roulade Profiteroles and Caramel Sauce</p> |
| <p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Fruit and Vegetable project • Meat project • Class test x 2 • Practical work | <p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Milk, Cheese and Yoghurt project • Egg project • Class test x 2 • Practical work | <p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Pulses, seeds and nuts project • Class test • End of year exam • Practical work |
| <p>HOW PARENTS CAN SUPPORT LEARNING Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p> | <p>HOW PARENTS CAN SUPPORT LEARNING Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p> | <p>HOW PARENTS CAN SUPPORT LEARNING 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>CONTENT Food Safety Factors that affect food choice Cooking of food and heat transfer revision Food production and processing Practice exam questions</p> | <p>CONTENT Food Provenance Environmental impact and sustainability of food Exam Preparation NEA practice work - Food Investigation NEA practice work - Food Preparation</p> | <p>CONTENT NEA practice work - Food Investigation NEA practice work - Food Preparation</p> |
| <p>PRACTIAL WORK Baked Falafel Butternut squash soup Focaccia Bread Apple crumble Somerset apple cakes Guacamole Apple Fool Pasta Making from scratch Jam Making</p> | <p>PRACTIAL WORK Making Butter and butter milk to make buttermilk scones Mini Bakewell Tarts 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>PRACTIAL WORK Special Dietary Needs – gluten free brownies Vegetarian practicals – student’s choice International cuisine, 4 practicals – student’s choice</p> |
| <p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Class test x 2 • Practical work | <p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Class test • Practical work • Mid-year exam | <p>ASSESSMENTS</p> <ul style="list-style-type: none"> • Food preparation practice project – International food • Practical work |
| <p>HOW PARENTS CAN SUPPORT LEARNING Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p> | <p>HOW PARENTS CAN SUPPORT LEARNING 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>HOW PARENTS CAN SUPPORT LEARNING 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 data-bbox="107 220 208 244">CONTENT</p> <p data-bbox="107 276 645 300">NEA Food Investigation title released on 1st September</p> <p data-bbox="107 336 629 360">NEA Food Preparation title released on 1st November</p> | <p data-bbox="743 220 844 244">CONTENT</p> <p data-bbox="743 276 1046 300">NEA Food Preparation project</p> | <p data-bbox="1391 220 1491 244">CONTENT</p> <p data-bbox="1391 276 1794 300">Revision for written exam – 50% of GCSE</p> |
| <p data-bbox="107 515 275 539">PRACTIAL WORK</p> <p data-bbox="107 571 600 595">Food Investigation title released on 1st September</p> <p data-bbox="107 632 584 655">Food Preparation title released on 1st November</p> | <p data-bbox="743 515 911 539">PRACTIAL WORK</p> <p data-bbox="743 571 1046 595">NEA Food Preparation project</p> | <p data-bbox="1391 515 1559 539">PRACTIAL WORK</p> <p data-bbox="1391 571 1906 595">Targeted revision practicals – depending upon group</p> |
| <p data-bbox="107 922 253 946">ASSESSMENTS</p> <ul data-bbox="107 978 566 1002" style="list-style-type: none"><li data-bbox="107 978 566 1002">• NEA Food Investigation PRACTICAL WORK | <p data-bbox="743 922 889 946">ASSESSMENTS</p> <ul data-bbox="743 978 1270 1002" style="list-style-type: none"><li data-bbox="743 978 1270 1002">• NEA Food Preparation PRACTICAL EXAM 3 hours | <p data-bbox="1391 922 1536 946">ASSESSMENTS</p> <ul data-bbox="1391 978 1637 1002" style="list-style-type: none"><li data-bbox="1391 978 1637 1002">• GCSE Written Exam |

HOW PARENTS CAN SUPPORT LEARNING

Provide ingredients for the practical lessons
Encourage their sons/daughters to revise for mock exam
Encourage their sons/daughters to cook regularly
Ensure that homework tasks are completed

HOW PARENTS CAN SUPPORT LEARNING

Encourage their sons/daughters to practise cooking for their practical exam
Provide ingredients for the practical exam
Encourage their sons/daughters to cook regularly
Ensure that homework tasks are completed

HOW PARENTS CAN SUPPORT LEARNING

Encourage their sons/daughters to revise for written exam
Encourage their sons/daughters to cook regularly
Ensure that homework tasks are completed
Provide ingredients for the practical lessons

Year 12

| TERM 1 | TERM 2 | TERM 3 |
|--|--|---|
| <p>CONTENT</p> <p>LO1: Understand the importance of food safety LO2: Understanding properties of nutrients LO3: Understand the relationship between nutrients and the human body LO4: Be able to plan nutritional requirements LO5: Be able to plan the production of complex dishes LO6: Be able to cook complex dishes</p> | <p>CONTENT</p> <p>Applying knowledge LO1-4 for the External Assessment</p> <p>Case Study Scenario 1 – Abdul Case Study Scenario 2 – Henry Case Study Scenario 3 – Shannon</p> | <p>CONTENT</p> <p>UNIT 1 External Assessment Preparation: Command Words Section A – short answer techniques Section B – extended answer techniques Section C – case study techniques</p> |
| <p>PRACTIAL WORK</p> <p>Pastry Dishes (puff, choux, hot water crust, enriched shortcrust) eg sweet and savoury jalousies and pies, sweet and savoury choux rings, raised pies, sweet tarts</p> | <p>PRACTIAL WORK</p> <p>Enriched bread doughs eg brioche, panettone, savarin, sweet and savoury braided loaves Desserts eg panna cotta, bavarois, cheesecakes, Genoese sponges, crème anglaise, Decorative techniques eg chocolate and sugar work fish and alternatives eg salmon en croute, dishes made plant based proteins. Sauces eg mayonnaise, hollandaise and veloutes</p> | <p>PRACTIAL WORK</p> |
| <p>ASSESSMENTS</p> <p>Mock LAB Scenario 1 – Fine Dining</p> <ul style="list-style-type: none"> • | <p>ASSESSMENTS</p> <p>UNIT 1 Internal Controlled Assessment: LAB 9.5 hours controlled assessment:</p> <ul style="list-style-type: none"> • Planning and Evaluation 6 hours • Practical exam 3.5 hours • Student Interviews | <p>ASSESSMENTS</p> <ul style="list-style-type: none"> • |
| <p>HOW PARENTS CAN SUPPORT LEARNING</p> <p>Provide ingredients for the practical lessons Encourage their sons/daughters to revise for mock exam Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p> | <p>HOW PARENTS CAN SUPPORT LEARNING</p> <p>Provide ingredients for the practical lessons Encourage their sons/daughters to revise for mock exam Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p> | <p>HOW PARENTS CAN SUPPORT LEARNING</p> <p>Provide ingredients for the practical lessons Encourage their sons/daughters to revise for mock exam Encourage their sons/daughters to cook regularly Ensure that homework tasks are completed</p> |

| TERM 1 Unit4 | TERM 2 Unit 2 | TERM 3 |
|---|--|---|
| <p>CONTENT</p> <p>LO1: be able to plan research into a current issue related to food science and nutrition AC1.1, AC1.2, AC1.3 Propose and plan research*, justify the plan</p> <p>LO2: be able to manage a project AC2.1, AC2.2 Monitor project progress, evaluate research project</p> <p>LO3: be able to investigate current issues in food science and nutrition AC3.1, AC3.2 Describe research methodology, design primary research tools AC3.3, AC3.4 Analyse data, evaluate quality of information</p> <p>LO4: understand current issues in relation to food science and nutrition AC4.1, AC4.2 Analyse current issues, evaluate key stakeholder responses</p> | <p>CONTENT</p> <p>LO1: understand how microorganisms affect food safety AC1.1 properties of micro-organisms AC1.2 growth of microorganisms in different environments AC1.3 how micro-organisms affect food quality AC1.4 preservation methods</p> <p>LO2: understand how food can cause ill health AC2.1 physiology of food intolerances AC2.2 physiology of food allergies AC2.3 physiology of food poisoning AC2.4 symptoms of food induced ill health</p> <p>LO3: understand how food safety is managed in different situations AC3.1 food safety hazards AC3.2 assessing risk to food safety AC3.3 control measures to minimise food safety risks AC3.4 justify proposals for control measures</p> | <p>CONTENT</p> |
| <p>PRACTIAL WORK N/A – Not a requirement</p> | <p>PRACTIAL WORK N/A – Not a requirement</p> | <p>PRACTIAL WORK N/A – Not a requirement</p> |
| <p>ASSESSMENTS</p> <p>Unit 4 Controlled Assessment 14 hours, 5,000 words INTERNAL SUBMISSION DATE: 7th FEBRUARY INTERNAL MODERATION DATE: 28th FEBRUARY WJEC MODERATION DEADLINE: 15th MAY</p> <ul style="list-style-type: none"> • | <p>ASSESSMENTS</p> <p>Unit 4 Controlled Assessment 14 hours, 5,000 words INTERNAL SUBMISSION DATE: 7th FEBRUARY INTERNAL MODERATION DATE: 28th FEBRUARY WJEC MODERATION DEADLINE: 15th MAY</p> <ul style="list-style-type: none"> • | <p>ASSESSMENTS</p> <p>UNIT 2 Controlled Assessment Start: 1st MAY 8 hours controlled assessment WJEC SUBMISSION DEADLINE: 1st JUNE</p> |

HOW PARENTS CAN SUPPORT LEARNING

Visits for primary research to be arranged as appropriate

HOW PARENTS CAN SUPPORT LEARNING

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