SUBJECT CURRICULUM PLAN

HASMONEAN
אל תקרי בניך אלא בוניך

SUBJECT:	**Food, Preparation and Nutrition**	**YEAR GROUP:**	**7**
SUBJECT INTENT:	To equip students with the essential practical skills and foundational nutritional knowledge needed to cook healthy meals from scratch. It fosters independent kitchen hygiene, safety, and an understanding of the Eatwell Guide to make informed dietary choices, whilst following Kashrut guidance.		

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING
Autumn	Introduction to Food Preparation & Kitchen Safety	Kitchen rules, personal hygiene, food safety, safe use of equipment, measuring and weighing, basic knife skills, introduction to the Eatwell Guide, simple practical recipes.	Hygiene, safety, nutrition, organisation, healthy eating, practical confidence.	Establishes essential safety routines and practical skills needed before more complex cooking. Introduces healthy eating principles that underpin the rest of the year.

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING
Spring	Healthy Eating & Food Science	The Eatwell Guide in greater depth, nutrients and their functions, food groups, cooking methods, heat transfer, recipe adaptation, developing practical skills (e.g. vegetables, pasta, baking).	Nutrition, balanced diet, carbohydrates, protein, fats, vitamins, minerals, cooking methods.	Builds on basic practical skills by explaining why foods are cooked in different ways and how nutrients contribute to health. Students begin selecting appropriate cooking methods.

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING
Summer	Food Provenance & Independent Cooking	Food origins, seasonality, sustainability, food waste, cultural influences on food, planning balanced meals, evaluating products, preparing more complex dishes independently.	Provenance, sustainability, consumer choice, evaluation, planning, independence.	Applies knowledge from Autumn and Spring to make informed food choices and produce increasingly independent practical work while considering environmental and cultural factors.

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SUBJECT:	**Food, Preparation and Nutrition**	**YEAR GROUP:**	**8**
SUBJECT INTENT:	To develop students practical cooking skills while building their understanding of healthy eating, food science, nutrition, and food safety. Students learn to prepare a wider range of dishes confidently and independently, making informed food choices and developing essential life skills for the future, whilst following Kashrut guidance.		

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING
Autumn	Healthy Eating and Nutrition	Recap the Eatwell Guide; understand macronutrients and micronutrients; dietary needs of teenagers; food labels; planning balanced meals; developing knife skills and safe food preparation.	Healthy eating, nutrients, balanced diet, dietary guidelines, food safety, practical skills.	Builds on Year 7 knowledge of food safety and the Eatwell Guide. Establishes nutritional understanding before applying it in practical cooking.

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING
Spring	Food Science and Cooking Skills	Functions of ingredients; methods of cooking; heat transfer; food safety and temperature control; adapting recipes for healthier outcomes; developing more advanced practical techniques (e.g. sauces, pastry, bread, meat alternatives).	Food science, functional properties, cooking methods, food hygiene, technical skills, evaluation.	Applies nutritional knowledge through cooking. Develops scientific understanding of why ingredients behave as they do and extends practical competence.

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING
Summer	Food Choice, Provenance and Sustainability	Factors affecting food choice; cultural and religious influences; food miles; seasonality; sustainability; reducing food	Food provenance, sustainability, consumer choice, ethics, environmental impact,	Broadens learning from personal nutrition to wider social, cultural and environmental issues. Consolidates Year

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		waste; environmental impact; designing and preparing dishes from different cultures.	evaluation.	8 learning and prepares pupils for GCSE Food Preparation and Nutrition themes.

SUBJECT:	**Food, Preparation and Nutrition**	**YEAR GROUP:**	**9**
SUBJECT INTENT:	To develop practical cooking skills alongside an understanding of healthy eating, food science, nutrition and food safety. They build confidence in planning, preparing and evaluating dishes while making informed food choices that support health, wellbeing and sustainability.		

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING
Autumn	Food Safety, Nutrition and Healthy Eating	Year 9 students will build the knowledge and practical skills needed as a foundation for **AQA GCSE Food Preparation and Nutrition**. They will prepare a variety of savoury and sweet dishes. Students will investigate the functions of key nutrients, and learn how ingredients contribute to a balanced diet. They will evaluate the nutritional, sensory and technical qualities of their dishes, considering how recipes can be adapted to meet different dietary needs and promote healthier lifestyles.	Food hygiene, nutrition, balanced diet, food groups, health, practical skills.	Builds on KS3 Year 7–8 knowledge by revisiting essential safety and nutrition before introducing more independent practical work and informed food choices. Lessons will reinforce theory by developing confidence in a range of food preparation and cooking techniques, encouraging independence, organisation and safe working habits.

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING

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Spring	Food Science and Practical Cooking Skills	Investigate the functions of ingredients; understand heat transfer and cooking methods; continue to understand how to adapt recipes for healthier outcomes; develop accuracy and confidence in preparing technical dishes.	Food science, functional properties, recipe adaptation, evaluation, technical skills.	Applies nutrition knowledge through practical investigations and develops scientific understanding to support more complex cooking tasks.

TERM	TOPIC	CORE LEARNING	KEY CONCEPTS	SEQUENCING
Summer	Food Provenance, Sustainability and Independent Cooking	Explore food production, sustainability and ethical food choices; understand seasonality and food miles; plan, prepare and evaluate a balanced meal independently; consider budgeting and reducing food waste.	Sustainability, provenance, environmental impact, meal planning, evaluation, independence.	Brings together knowledge from the year by applying nutrition, food science and practical skills in an independent cooking project, preparing students for GCSE-style thinking and greater independence.