

Food Preparation and Nutrition Curriculum Overview –

	Year 7	Year 8	Year 9
Unit 1	<ul style="list-style-type: none"> explain the layout of the food room and to recognise, name and locate the tools and equipment in the food room. describe the expectations for working in the food room including food hygiene and safety practices. acquire and demonstrate knife skills and using small equipment to prepare and make. acquire and demonstrate the principles of food hygiene and safety focusing on using knives, the kettle (if using), grater, peeler and other small equipment. describe sensory evaluation and list the sensory descriptors define the senses, how they are used in tasting food and drink and develop descriptive vocabulary. acquire and demonstrate weighing and measuring, grating, knife skills, rubbing-in, mixing and stirring, assembling and layering, and using the oven 	<ul style="list-style-type: none"> the principles of The Eatwell guide and the 8 tips for healthy eating; how to explain energy and how needs change through life; the name of key nutrients, sources and functions; how to adapt and follow recipes using a variety of ingredients and equipment to prepare and cook a range of more complex dishes; how to develop and demonstrate a wider range of food skills and techniques; how to develop and demonstrate the principles of food hygiene and safety in a range of situations; how to explain the factors that affect food and drink choice; how to demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making; how to develop and apply their knowledge and understanding of food science; how to apply and consolidate their literacy and numeracy skills by using them purposefully in real-life scenarios 	<ul style="list-style-type: none"> explain the characteristics of ingredients and how they are used in cooking; adapt and follow recipes to prepare and cook a range of predominately savoury dishes; secure and demonstrate a range of food skills and techniques; secure and demonstrate the principles of food hygiene and safety in a range of situations; investigate and discuss new food trends; secure and demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making

Year 10	Year 11
<p>Food Commodities</p> <p>Principles of Nutrition Macronutrients and Micronutrients</p> <p>Diet and Good Health Energy requirements of individuals Plan balanced diets Calculate energy and nutritional values of recipes, meals and diets</p> <p>The Science of Food The effect of cooking on food Food spoilage</p> <p>Where Food Comes From Food provenance</p> <p>Food Manufacturing</p> <p>Cooking and Food Choice Factors affecting food choice Developing recipes and meals</p>	<p>NEA 1 The Food Investigation Assessment - A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.</p> <p>NEA 2 The Food Preparation Assessment - Prepare, cook and present a menu which assesses the learner's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food.</p> <p>Examination Preparation</p>