

FOOD CURRICULUM MAP

Curriculum Content: Food and Nutrition		
Year group	Topics include	By the end of the year, students should be able to:
7	<p>Hygiene and hazards Weighing and measuring Knife skills Using the oven and hob safely The Eatwell guide, section by section Function of ingredients Fairytale Feasts project</p> <p>Assessment: Students will be assessed by (simplified) GCSE-style milestone tests and their competence in the kitchen.</p>	<p>Weigh, measure and prepare ingredients using a range of techniques such as knife skills, mixing, kneading and combining. Understand food hygiene and be able to work safely in a kitchen. Demonstrate a range of basic cooking skills and use equipment safely.</p> <p>Cook foods using the grill, hob and oven.</p> <p>Develop an understanding of the complexities of nutrition and its importance in ensuring a healthy lifestyle for their future.</p> <p>Know the sections of (and be able to name foods in) the Eatwell Guide.</p> <p>Understand that different customers have different needs.</p>
8	<p>Healthy eating Use your loaf International foods</p> <p>Assessment: Students will be assessed by (simplified) GCSE-style milestone tests and their competence in the kitchen.</p>	<p>Know why our bodies need the different sections of the Eatwell Guide.</p> <p>Understand the different functions of ingredients in a recipe.</p> <p>Understand a specification and be able to adapt a recipe to meet it.</p> <p>Work safely in the kitchen using a wider range of equipment and techniques independently.</p>
9	<p>Learn how to design and make healthier meal options through a range of 'Design and Make' projects using a range of ingredients and skills.</p> <p>Termly Topics: Term 1 and 2: Fakeaway Project Term 3: Sustainability Project Term 4: Easter cake Project</p>	<p>Demonstrate a good knowledge of food and nutrition.</p> <p>Select final products, recipes and ingredients to meet the design criteria.</p> <p>To produce finished products that will be suitable for the target market and brief set.</p>

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	<p>Term 5 and 6: Festival Foods Project</p> <p>Assessment: Students will be assessed by GCSE-style milestone tests and their competence in the kitchen.</p>	
10	<p>Over the 2 year course:</p> <ol style="list-style-type: none"> 1. Food commodities. 2. Principles of nutrition 3. Diet and good health 4. Where food comes from 5. Cooking skills and food preparation <p>Assessment: Students will be assessed by milestone assessments (both written exam and practical assessments). There will be mock practical exams in May and a mock written exam, using an exam board paper, in April.</p>	<p>Over the 2 year course:</p> <p>Be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment.</p> <p>Develop knowledge and understanding of the functional properties and characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.</p> <p>Understand the relationship between diet, nutrition and health, including the food related causes of ill health.</p> <p>Understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices.</p> <p>Demonstrate knowledge and understanding of how the catering industry operate.</p> <p>Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas.</p>
11	<p>Assessment: Students will be assessed by milestone assessments (both written exam and practical assessments). There will be mock practical exams in October and a mock written exam in December, using an exam board paper. The final examinations are in February (NEA practical assessment) and June (Online exam).</p>	