

SUBJECT: Food Prep & Nutrition

KS4 CURRICULUM PLAN 2021-22

KS3 Knowledge and key skills

YEAR 10	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC	Principles of nutrition	Fats, methods of cooking, Emulsions and foams, glazes, eggs, raising agents	Food Spoilage, HACCAP, Food Provenance & Food waste	Influences of culture and world cuisine. Fish & Meat	Milk, cheese & yoghurt	Cereals, rice, barley, rye, Investigation -Food science
Knowledge	Micro and Macro Nutrients, functions and sources. Eatwell guide to healthy eating and special diets	Fats, methods of cooking, Emulsions and foams, glazes, eggs, raising agents	Food Spoilage, HACCAP, Food Provenance & Food waste	Influences of culture and world cuisine. Fish & Meat	Milk, cheese & yoghurt	Cereals, rice, barley, rye, Investigation - Food science
Skills	Cooking with and handling ingredients which help individuals following special diets. Practical skills- Weighing, measuring, using the oven, frosting, grating, sieving, mixing, dividing	cooking methods, steaming, baking, grilling, frying, bbq	Safe working practices. Pastry making and measurements. Lining a flan ring and baking blind	Use of spices in cooking. Selecting and cooking with seasonal ingredients and locally grown foods	Using independent skills to create well prepared and cooked final products using milk to enrich soup and skill whipping and piping cream	Research, planning, practical and evaluation skills
Key Vocab	Carbohydrate-starch & sugars- disaccharides, monosaccharides, polysaccharides, fats, proteins, HBV, LBV, vitamins and minerals	plasticity, gelatinisation, dextrinization Caramelisation, convection conduction Infra-red (BBQ)	bacteria, Pathogenic, preservation, environment	gelatine, maillard, non-enzymic browning, connective tissue, collagen, giblets,	Emulsion, lactose, tuberculosis, pasteurisation, homogenisation, pathogenic bacteria, reconstructed	grain, endosperm, germ, staple food, fortification
YEAR 11	SUMMER 2	SUMMER 1	SPRING 2	SPRING 1	AUTUMN 2	AUTUMN 1
TOPIC	Revision	Food commodities, principles of nutrition, diet and good health, the science of food, where food comes from, cooking and food preparation	Food commodities, principles of nutrition, diet and good health, the science of food, where food comes from, cooking and food preparation	Evaluation	The Food Preparation Assessment	Consolidation of theory work from Year 10. Introduction of internal assessment -
Knowledge	Study leave	Knowledge of exam topics to be revisited in preparation for the written exam - Food commodities, principles of nutrition, diet and good health, the science of food, where food comes from, cooking and food preparation	Knowledge of exam topics to be revisited in preparation for the written exam - Food commodities, principles of nutrition, diet and good health, the science of food, where food comes from, cooking and food preparation	Evaluation of the selection, preparation, cooking and presentation of the selected dishes.	The Food Preparation Assessment - Health and safety procedures when preparing, cooking and presenting dishes. (3 hour practical exam) Knowledge of testing products for readiness using sensory properties during the cooking process.	Consolidation of theory work from Year 10. Introduction of internal assessment - Food preparation assessment - Knowledge of the examination brief and guidance of how to complete the assessment. Investigate and plan the task. (including trialling dishes)
Skills	Study leave	Revision techniques, develop writing skills,	Revision techniques, develop writing skills,	Evaluation of the selection, preparation, cooking and presentation of the selected dishes.	Plan, prepare, cook and present dishes. Technical skills for preparation of dishes, accurate measuring, knife skills(slicing, dicing, chopping), greasing, lining, multi-tasking, working hygenically, seasoning and flavouring dishes	To recall knowledge from year 10 material. Plan, prepare, cook and present dishes combining. Trialling dishes, research skills, demonstrate knowledge of dishes when selecting a menu, planning - dove tail
Key Vocab	Command words- Explain, describe, evaluate, discuss	Principles of nutrition, diet and good health, food spoilage, food provenance and waste, cultures and cuisines, technological developments, factors affecting food choice	Principles of nutrition, diet and good health, food spoilage, food provenance and waste, cultures and cuisines, technological developments, factors affecting food choice	Brief, evaluation, sensory evaluation, star profile, references, bibliography	Mise en place, dove-tailed time plan, specification	Mise en place, dove-tailed time plan, specification

Key Knowledge Transfer