



Wellfield High School

'Inspire - Challenge - Achieve - Nurture'

Food Preparation and Nutrition Curriculum Year Plans



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Teacher of Food Preparation and Nutrition

YEAR PLAN	Year 7 Food Preparation And Nutrition		
	<p>In year 7 students study Food Preparation and Nutrition as part of a carousel of 4 subjects; Food Preparation and Nutrition, Art and Design, Computing and Music. Subsequently, this means that students study each subject for a block of lessons before moving on to another subject, (the carousel rotates twice during the year).</p>		
TERM	UNIT	ASSESSMENT TYPE	HOMEWORK OPPORTUNITIES INCLUDE
Carousel 1	<p>Students make a range of products using different cooking methods:</p> <ul style="list-style-type: none"> • Vegetable soup • Pizza Wheels • Bolognaise <p>Students learn about the importance of:-</p> <ol style="list-style-type: none"> 1. Food Safety and Hygiene 2. The Eatwell Guide 3. Making informed nutritional choices. 4. Dietary Requirements 	<p>Practical skills baseline assessment.</p> <p>Interim personalised feedback</p>	<p>Research the topics covered in class to consolidate and develop understanding further.</p> <p>Produce a meal plan for a particular dietary need.</p> <p>Practice practical cooking skills at home.</p>
Carousel 2	<p>Students enhance prior learning from carousel 1 to produce a range of products using different cooking methods:</p> <ul style="list-style-type: none"> • Savoury Plait • Sweet Potato Curry • Savoury Scones • Lemon Cheesecake <p>Students also learn about</p> <ol style="list-style-type: none"> 1. Food Provenance 2. Factors affecting food choice 3. Food Science 4. Food Safety 	<p>Practical Skills Assessment</p> <p>Formal assessment and personalised feedback</p>	<p>Research topics covered in class, including; pastry making and protein alternatives to develop curiosity within the subject.</p> <p>Practice practical cooking skills at home.</p> <p>Students are encouraged to regularly access Food A Fact of Life to find lots of tips and techniques to practice at home to further develop their skills.</p> <p>Students are also advised to use Jamie Oliver's Home Cooking Skills.</p>

YEAR PLAN	Year 8 Food Preparation And Nutrition In year 8 students study Food Preparation and Nutrition as part of a carousel of 4 subjects; Food Preparation and Nutrition, Art and Design, Computing and Music. Subsequently, this means that students study each subject for a block of lessons before moving on to another subject, (the carousel rotates twice during the year).		
TERM	UNIT	ASSESSMENT TYPE	HOMEWORK OPPORTUNITIES INCLUDE
Carousel 1	<p>Students produce a range of healthy products using a range of different cookery skills, technology and presentation:</p> <ul style="list-style-type: none"> • Fancy Bread Rolls • Vegetable Pasta Bake • Carrot Cake Muffins <p>Students discuss factors relating to food provenance, ethical and globalisation, migration and issues relating to food choice, e.g. making alternatives food choices with consideration to food miles and sustainability.</p>	<p>Practical Skills Assessment</p> <p>Interim formal assessment and personalised feedback.</p>	<p>Research the advantages of buying local produce and its impact on wide social, moral and ethical issues</p> <p>Practice practical cooking skills at home.</p>
Carousel 2	<p>Students develop their practical skills to produce a range of healthy products using a range of different dishes;</p> <ol style="list-style-type: none"> 1. Chilli Con Carne 2. Fajitas 3. Vegetable Jambalaya 4. Swiss Roll <p>Students to increase their knowledge into Macronutrients and Micronutrients; Carbohydrates, Proteins, Fats, Vitamins and Minerals to gain a critical understanding into Food Nutrition and Health.</p>	<p>Practical Skills Assessment</p> <p>Formal assessment and personalised feedback</p>	<p>Research celebrity chefs and Michelin star restaurants in relation to food presentation and styling.</p> <p>Practice practical cooking skills at home.</p> <p>Students are encouraged to regularly access Food A Fact of Life to find lots of tips and techniques to practice at home to further develop their skills.</p> <p>Students are also invited to use Illuminate Digital Resource. Students are also encouraged to actively seek revision notes to bring to lessons.</p>

YEAR PLAN	<p align="center">Year 9 Food Preparation And Nutrition</p> <p align="center">Students in Year 9 are introduced to study Food Preparation and Nutrition as an introduction to GCSE where they and have 4 lessons a fortnight for the duration of the academic year. Students produce a plethora of healthy products, both savoury and sweet, using a range of different cookery skills. Two lessons are covering theoretical underpinnings, and two involve developing practical cookery skills.</p>		
TERM	UNIT	ASSESSMENT TYPE	HOMEWORK OPPORTUNITIES INCLUDE
Autumn 1	<p>Students produce a wide range of healthy products, developing a repertoire of essential practical skills.</p> <p>Practical lessons include;</p> <ul style="list-style-type: none"> • Frittata • Risotto • Vegetable Stir Fry • Spring Rolls 	<ol style="list-style-type: none"> 1. Practical Skills Assessment 2. Formal assessment and personalised feedback 3. Food science investigation formal assessment. 	<p>Research and produce detailed evidence into Food Provenance; where and how food is grown and produced, with reference to social, moral and ethical issues.</p> <p>Research key themes using Illuminate Digital Resource.</p>
Autumn 2	<p>Continuing with the development of fundamental practical skills, students also have the opportunity to engage in a food investigation of their choice to outline the functional and chemical properties of food.</p> <p>Practical lessons include;</p> <ul style="list-style-type: none"> • Homemade pasta • Lasagne • Mayonnaise • Choux Buns 		<p>Students should actively research key terms prior to the taught themes within theory and practical lessons.</p>

Spring 1	<p>Students produce a selection of products with a focus on food styling and presentation, food hygiene and food choice.</p> <p>Practical lessons include;</p> <ul style="list-style-type: none"> • Savoury Pie • Lemon Meringue Pie • Brioche • Bread and Butter Pudding <p>Theory work includes;</p> <ol style="list-style-type: none"> 1. Nutritional needs of different ages and food related health issues 2. Food choice and consumer acceptability 3. Food Safety 4. Food Cost and timeplanning. 	<ol style="list-style-type: none"> 1. Practical Skills Assessment 2. Formal assessment and personalised feedback 3. Food practical formal assessment planning. 	<p>Research and produce detailed evidence into Food Safety; spoilage bacteria, cross contamination and key cooking temperatures.</p> <p>Research key themes using Illuminate Digital Resource.</p> <p>Students should actively research key terms prior to the taught themes within theory and practical lessons.</p>
Spring 2	<p>Practical challenge;</p> <ol style="list-style-type: none"> 1. Portioning a chicken 		
<p>Summer 1</p> <p>Summer 2</p>	<p>Produce a range of products with a focus on independent practical assessment utilising a range of different cookery skills and acknowledging seasonality of foods.</p> <p>Practical lessons include:</p> <ul style="list-style-type: none"> • Homemade preserves • Enriched pastry • Cottage/Shepherd's pie • Fish cakes <p>Students also complete a food practical assessment which is meticulously planned with a focus on nutrition, seasonality, costing and sensory analysis.</p>	<ol style="list-style-type: none"> 1. Practical Skills Assessment 2. Formal assessment and personalised feedback 3. Food practical formal assessment. 	<p>Research into the 5 key areas of Food Preparation and Nutrition;</p> <ol style="list-style-type: none"> 1. Food Nutrition and Health 2. Food Safety 3. Food Provenance 4. Food Choice 5. Food Science <p>Research key themes using Illuminate Digital Resource.</p> <p>Students should actively research key terms prior to the taught themes</p>

Helpful websites

<http://www.illuminate.digital/aqafood>
<http://www.foodafactoflife.org.uk/>
<https://www.nutrition.org.uk/>
<https://www.grainchain.com/>
<http://meatandeducation.redmeatinfo.com/>

YEAR PLAN	Year 10 Food Preparation and Nutrition The learning plan in year 10 sets out the knowledge, understanding and skills required to cook and apply the principles of food nutrition and health, food science, food safety, food choice and food provenance. Students will build upon prior learning from Key Stage 3, in particular year 9 to consolidate a repertoire of Food Preparation and Nutrition knowledge. The course is not delivered in a linear fashion. Students will complete a range of complex and challenging practical tasks on a weekly basis so that they build the required practical skills and confidence in the kitchen.		
TERM	UNIT	ASSESSMENT TYPE	HOMEWORK OPPORTUNITIES INCLUDE
Autumn 1	Unit 1: Food Nutrition and Health. <ul style="list-style-type: none"> • Macronutrients • Micronutrients • Special Dietary Requirements Food preparation challenges include: <ol style="list-style-type: none"> 1. Homemade pasta 2. Roasted Vegetable Tagliatelle 3. Savoury Choux Pastry 4. Swiss Roll/Jalousie 5. Homemade bread plait 	<ol style="list-style-type: none"> 1. Practical Skills Assessment 2. Formal assessment and personalised feedback 3. Continuous practical formal assessment. 	Research key areas of Food Preparation and Nutrition using Illuminate digital bundle to further investigate nutrition principles; <ol style="list-style-type: none"> 1. Food Nutrition and Health 2. Food Choice http://www.illuminate.digital/aqafood/ CGP Food Preparation and Nutrition Revision Guide and Exam Practice Workbook

Autumn 2	<p>Unit 2: Food Choice</p> <ul style="list-style-type: none"> • Sensory Evaluation • British and International Cuisines • Food Labelling • Factors affecting food Choice <p>Food preparation challenges include:</p> <ol style="list-style-type: none"> 1. Sauce making 2. Preparation and cooking raw fish 3. Fish pie 4. Roasted vegetable tart 		
Spring 1	<p>Unit 3: Food Provenance</p> <ul style="list-style-type: none"> • Food and the environment • Food production • Sustainability • Food processing <p>Food preparation challenges include:</p> <ol style="list-style-type: none"> 1. Quiche lorraine 2. French apple pie 3. Enchiladas 4. Pavlova <p>Exam preparation is done in lessons and continued for homework, i.e. assessment style questioning.</p>		<p>Research key areas of Food Preparation and Nutrition using Illuminate digital bundle to further investigate nutrition principles;</p> <ol style="list-style-type: none"> 1. Food Provenance 2. Food Science <p>http://www.illuminate.digital/aqafood/</p> <p>CGP Food Preparation and Nutrition Revision Guide and Exam Practice Workbook</p>

<p>Spring 2</p>	<p>Unit 4: Food Science</p> <ul style="list-style-type: none"> • Cooking of food • Proteins and Enzymic Browning • Carbohydrates • Fats and Oils • Raising Agents <p>Food preparation challenges include:</p> <ol style="list-style-type: none"> 1. Tarte Tatin 2. Ravioli with filling 3. Hollandaise sauce 4. Savoury soufflé 		
<p>Summer 1</p>	<p>Unit 5: Food Safety</p> <ul style="list-style-type: none"> • Enzymes and Food Spoilage • Microorganisms • Bacterial contamination • Storage of food • Food preparation <p>Food preparation challenges include:</p> <ol style="list-style-type: none"> 1. Cornish pasty 2. Fishcakes 3. Savoury pie 4. Bakewell Tart 	<ol style="list-style-type: none"> 1. Practical Skills Assessment 2. Formal assessment and personalised feedback 3. Food practical formal assessment. 	<p>Research key areas of Food Preparation and Nutrition using Illuminate digital bundle to further investigate nutrition principles;</p> <ol style="list-style-type: none"> 1. Food Safety 2. Food Preparation Skills <p>http://www.illuminate.digital/aqafood</p> <p>CGP Food Preparation and Nutrition Revision Guide and Exam Practice Workbook</p>

Summer 2	<p>Food Practical Assessment: Students are required to complete a food practical non-examination assessment where elements of food preparation skills will be assessed alongside food and nutrition knowledge. Students will be assessed on their knowledge of:</p> <ul style="list-style-type: none"> • Sensory Analysis • Nutrition • Food choice • Seasonality • Special dietary requirements <p>Students will produce a portfolio of evidence to support the rationale behind their practical assessment.</p>		
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YEAR PLAN	Year 11 Food Preparation and Nutrition		
	<p>The learning plan in year 11 further develops the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and health, food safety, food choice and food provenance.</p> <p>Students will build upon prior learning from Key Year 10. The course is not delivered in a linear fashion.</p> <p>Student will complete a range of challenging practical tasks so that they build the required practical skills and confidence in the kitchen. They also complete the Non Exam Assessments Task 1 worth 15% of GCSE Autumn 1 and Non Exam Assessment worth 35% of GCSE in Spring 1 with the final written assessment Summer 1.</p>		
TERM	UNIT	ASSESSMENT TYPE	HOMEWORK OPPORTUNITIES INCLUDE

Autumn 1	Introduction to Non-Examination Assessment 1 (NEA1) which contributes to 15% of the students overall outcome.	1. Formal assessment 2. Personalised tutorial	Using the digital bundle to consolidate knowledge into Food preparation and nutrition. http://www.illuminate.digital/aqafood/ CGP Food Preparation and Nutrition Revision Guide and exam practice workbook
Autumn 2	Completion of NEA1. Students will research, investigate and conclude a food investigation which focuses on the chemical, functional and working characteristics of food ingredients.		
Spring 1	Introduction to Non Examination Assessment 2 (NEA 2) which contributes to 25% of the students overall outcome.	1. Formal assessment 2. Personalised tutorial	Using the digital bundle to consolidate knowledge into Food preparation and nutrition. http://www.illuminate.digital/aqafood/ CGP Food Preparation and Nutrition Revision Guide and exam practice workbook
Spring 2	Completion of NEA2: 1. 3 hour practical examination 2. Written portfolio		
Summer 1	Revision of theory covered in year 10. Written GCSE examination which contributes to 50% of the students overall outcome: <ul style="list-style-type: none"> • 20% multiple choice questions • 30% written questions 	1. Formal assessment 2. Personalised tutorial	Using the digital bundle to consolidate knowledge into Food preparation and nutrition. http://www.illuminate.digital/aqafood/ CGP Food Preparation and Nutrition Revision Guide and exam practice workbook

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