

Subject	Food and Nutrition
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Key Concepts	Nutrition - What do we need to be healthy? What do the main nutrients do and where can they be found? Food Provenance - How is food produced? How is food processed? How can food be made sustainably? Food Choice - Why do we choose the food that we do? Food Safety - How do microorganisms impact food? How do we make food hygienically? Food Science - What happens when food is cooked? What are the characteristics of ingredients? How do we experience foods?
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Curriculum Map

Year 7	Term	Aut1/ Spr1/ Sum1			Aut2/ Spr2/ Sum2		
		Unit	1	2	3	4	
		Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage		
Unit Title	Introduction to Food and Nutrition			Introduction to Food and Nutrition			
Knowledge / Skills	Knowledge: 4Cs, Safe working practices, Equipment, Eatwell guide and government guidelines for healthy eating, Macronutrients Skills: Specificity, Evaluating, Developing points, Knife skills, Weighing and measuring, Rubbing in method, Baking			Knowledge: Categories of fruit, Sensory analysis, Dairy foods, Breakfast, Chemical raising agents, Emulsification, Food labelling, Skills: Sensory star diagrams, Designing to a specification, Costing, Shortcrust pastry making,			
Lit / Num	Specificity of response, Clear explanations			Recipe costing, Using diagrams			
Enrichment	Independent cooking			Independent cooking, cross curricular links with science			
British Vals	Integrity			Integrity, Respect			
Character	Exploring how to be healthy			Exploring colonial ideas of categorisation			
Careers	Chef, Cook, Nutritionist			Chef, Cook, Nutritionist, Business owner, Scientist			

Year 8	Term	Aut1/ Spr1/ Sum1			Aut2/ Spr2/ Sum2		
		Unit	3	4	5	6	
		Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage		
Unit Title	Food for Life			Food for Life			
Knowledge / Skills	Knowledge: Eatwell guide, Vegetable provenance, Seasonality, Carbohydrates, Diet for life stages, Gluten, Yeast Skills: Evaluating, Grating, Baking			Knowledge: Types of pastry, Shortening, Quality control points, Convenience foods, Preservation, Ethical choices, Categories of flour, Gelatinisation, Organic foods, HBV and LBV proteins, Special dietary needs, Skills: Breadmaking, Using ratios, Enriched dough making, Making a roux, Avoiding cross contamination, protein complementation,			
Lit / Num	Spelling, Acronyms for evaluating			Ratios			
Enrichment	Independent cooking, dishes for life, the natural world			Independent cooking, dishes for life, Links with science			
British Vals	Equality, inclusivity, Respect			Integrity, Respect,			
Character	Exploring how to be healthy			Exploring how to be healthy			
Careers	Chef, Cook, Nutritionist, Business owner, Scientist			Chef, Cook, Nutritionist, Business owner, Scientist			

Year 9	Term	Aut1/ Spr1/ Sum1			Aut2/ Spr2/ Sum2		
		Unit	5	6	7	8	
		Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage		
Unit Title	Advanced Food Science and Nutrition			Advanced Food Science and Nutrition			
Knowledge / Skills	Knowledge: Categories of hygiene, cooking methods, dextrinisation, macro and micronutrients, Methods of heat transfer, functions of eggs, Aeration Skills: High heat cookery, cooking meat, Using FSSSVC, Whisking, Folding			Knowledge: Emulsification, Egg production, Red Tractor label, Hydration, Saturated and unsaturated fats Skills: Emulsifying, Pastry shaping,			
Lit / Num	Following flowcharts			Considering reasons for and against,			
Enrichment	Independent cooking, Links with Science			Independent cooking, Links with Science			
British Vals	Equality, Respect, Integrity			Respect,			
Character	Resilience			Resilience, Compassion			
Careers	Chef, Cook, Nutritionist, Business owner, Scientist			Chef, Cook, Nutritionist, Business owner, Scientist			

Year 10	Term	Aut 1	Unit	7	Aut 2	Unit	8	Spr 1	Unit	9	Spr 2	Unit	10	Sum 1	Unit	11	Sum 2	Unit	12
		Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage		
		Food Safety			Food and Nutrition			Food Science			Food Science			Food Choice and Provenance			Food Choice and Provenance		
Knowledge / Skills	Knowledge: Conditions of bacterial reproduction, Purchasing, storing, preparing and cooking food hygienically, Signs of food spoilage, Helpful microorganisms, Skills: Application of 4Cs to cooking, Glazing, Enriched doughes,			Knowledge: Government Guidelines, Eatwell Guide, Macro and micronutrients, Dietary related health conditions, Dietary requirements through life, Dietary needs, Energy, HBV and LBV proteins, Veganism, Skills: Analysis of dishes using FSSSVC, Designing a meal, Making pasta, Reduction sauces, Adapting meals for dietary related health conditions			Knowledge: Methods of heat transference, Cooking methods, Aeration (chemical/mechanical), Food waste Skills: Blind baking, Planning a scientific experiment, Conducting a sensory analysis,			Knowledge: Sensory analysis, Gelatinisation, Dextrinisation, Coagulation, Plasticity, Emulsification Skills: Analysing data, Evaluating methodology, Emulsifying, Roux based sauces			Knowledge: Growing food (plants), growing methods, local production, rearing food, organic food, catching food (fish), Fish freshness, Primary and secondary processing, Milling, Heat, treatment of milk Skills: Fish cooking, Evaluating pros and cons and making judgements			Knowledge: Secondary food processing, Industry and home production, Preservation, Food security, Moral, ethical and environmental issues which impact food production Skills: Presentation techniques, Puff pastry, Dovetailing			
Lit / Num	PEEL paragraphs, Using flowcharts, mapping recipes			Piecharts, Calculating energy, Justifications			Writing a method, Experiment write up			Sensory language, Analysis and evaluation			Justifying judgements, Flowcharts			PEEL paragraphs, timeplan formation			
Enrichment	Black History Month Cooking, BHM Leaders in Food			Vegan visit			Borough Market Project			Cooking for the play			Visiting the farm			LGBT chef recipes			
British Vals	Communication, Ambition, Equality			Liberty, Equality			Resilience, Equality, Compassion			Democracy, Equality, Respect			Exploring ethics of food production			Compassion, Resilience, equality.			
Character	Teamwork, Understanding consequences			Compassion, Responsibility			Teamwork, Responsibility, Resilience, Selling food			Understanding data, Responsibility			Empathy for others, critique of society			Understanding that some stories go unheard; developing empathy			
Careers	Chef, Cook, Nutritionist, Business owner, Microbiologist			Chef, Cook, Nutritionist, Public health, Physiologist, Biochemist, Pharmacist			Chef, Cook, Nutritionist, Biochemist, Pharmacist, Business Owner			Chef, Cook, Nutritionist, Public health, Physiologist, Biochemist, Pharmacist			Chef, Cook, Nutritionist, Business owner, Microbiologist, Food technologist			Chef, Cook, Nutritionist, Business owner, Microbiologist, Food technologist			

Year 11	Term	Aut 1	Unit	13	Aut 2	Unit	14	Spr 1	Unit	15	Spr 2	Unit	16	Sum 1	Unit	17	Sum 2	Unit	18
		Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage			Curriculum/Syllabus Coverage		
		Science Investigation			Planning to a Brief			Cooking and Evaluating to a Brief			Revision			Revision			External examination		
Knowledge / Skills	Knowledge: Functional properties of a commodity (as set by exam board), Conducting a fair experiment, Nutrition revision Skills: Analysing, Evaluating,			Knowledge: Producing nutritional labels, Costing recipes, Timeplan planning, Detailing provenance, Nutrition revision, Food Choice and provenance revision Skills: Dovetailing, Inputting data, Analysing nutritional information using FSSSVC			Knowledge: How to evaluate and suggest improvements, Food Choice and Provenance revision Skills: Dovetailing in practice, Student led skilled cookery, Evaluating			Knowledge: Structure exams and how to respond, Nutrition revision, Ethical considerations revision, Additives, Technological revision, Skills: Analysis revision, Developing points, Linking to question, Justifying written responses, When qualification is required			Knowledge: Structure exams and how to respond, Food security, Food waste, Helpful microrganisms, Functional and chemical properties of ingredients Skills: Developing points, Linking to question, Justifying written responses, When qualification is required			External examination			
Lit / Num	Analysing data, Producing charts, Analytical and evaluative writing			Recipe costing, Timings, Using a framework for analysis			Long form evaluation writing, sensory analysis			Command word responses,			Command word responses,			External examination			
Enrichment	Black History Month - Leaders in Food, Tailored intervention sessions to be run			Tailored intervention sessions to be run			Tailored intervention sessions to be run			Tailored intervention sessions to be run			Tailored intervention sessions to be run			External examination			
British Vals	Democracy, Equality, Respect			Equality, Compassion			Courage, ambition			Conscientiousness, ambition, motivation			Conscientiousness, ambition, motivation			External examination			
Character	Understanding data, Responsibility, Teamwork			Responsibility, Resilience			Responsibility, Resilience			Developing resilience in preparation for exams			Developing resilience in preparation for exams			External examination			
Careers	Chef, Cook, Nutritionist, Public health, Physiologist, Biochemist, Pharmacist			Chef, Cook, Nutritionist, Biochemist, Pharmacist, Business Owner			Chef, Cook, Nutritionist, Biochemist, Pharmacist, Business Owner			Chef, Cook, Nutritionist, Public health, Physiologist, Biochemist, Pharmacist			Chef, Cook, Nutritionist, Public health, Physiologist, Biochemist, Pharmacist			External examination			