

	KS3 Curriculum content summary	Assessment details
Year 7 Rotation 1	<ul style="list-style-type: none"> • Introduction to the kitchen to include basic hygiene, health and safety and – Fruit Muffin Practical • The Eatwell Guide & balancing the diet-Vegetable couscous practical • Seasonality & Local Food -Fruit Crumble Practical • Introduction to food science (Raising Agents)- Cheese Scones Practical • Sensory analysis testing-Mini vegetable pizza practical • Cultural and food traditions around the world (themed biscuits e.g Halloween/Christmas/Valentines) 	1 x written MAD assessment 1 x practical MAD assessment based on skills and knowledge of ingredients.
Year 7 Rotation 2	<ul style="list-style-type: none"> • Food Hygiene –focus on food poisoning and prevention of food poisoning- Pasta Salad Practical • Food Science (Heat transfer) -Vegetable soup practical • Special diets (Vegetarian, Vegan, nut allergies, lactose free) Stuffed pepper practical • Revision of rubbing in method & Pastry Theory- Jam tarts • Presentation of food, portion sizes & Knife Skills -Crudités (Carrots, peppers, cucumber, celery) and dips (Houmous, beetroot, herb yogurt dips-working in teams/use of food processors) • Food Labelling & marketing -Upside down fruit cake practical (Wholemeal flour version) (How would they advertise and sell their cake?) 	1 x written MAD assessment 1 x practical MAD assessment based on skills and knowledge of ingredients.
Year 8 Rotation 1	<ul style="list-style-type: none"> • Revision of food hygiene, health and safety, bread as a staple food-Bread Rolls practical • Food Provenance focus on wheat-Calzone practical • Current Healthy Eating guidelines/Eatwell revision/Macro-micro-nutrients-Pasta Bake • Bacteria, Contamination and Meat Safety-Spaghetti Bolognese • Factors affecting food choices/cultural food-Vegetable Curry & Rice • Special diets recap and revision: Vegetarian and Vegan Diets focus -Vegetable Bean Burritos • Research and Design-Themed Cupcakes (Halloween, Christmas, Valentines) 	1 x written MAD assessment 1 x practical MAD assessment based on skills and knowledge of ingredients.
Year 8 Rotation 2	<ul style="list-style-type: none"> • Fairtrade Banana Bread Practical • Free-range eggs/Ethical moral issues-Carbonara • Leftovers & Reducing Food Waste-Savoury Rice • Sustainability & Future Food- Fish Cakes • Local Food/Less food miles- Cottage Pie • Food Science recap – Conduction, convection, radiation – Raisin oatmeal cookies • Nutrition revision (Vitamins and Minerals) - Pitta Bread and Kebabs (Individual) 	1 x written MAD assessment 1 x practical MAD assessment based on skills and knowledge of ingredients.

	KS4 Curriculum content summary	Coursework and assessment details incl. deadlines
	<p>Throughout Year 9, the following skills are taught through a variety of practical linked to each topic.</p> <ol style="list-style-type: none"> a. General practical skills- (Weighing and measuring, selecting and adjusting cooking times, testing for readiness, judging and modifying sensory properties) b. Knife skills-(Fruit and vegetables, filleting fish, jointing chicken) c. Preparing fruit and vegetables- (Peel, mash, shred, scoop, crush, grate, segment, de-skin, blanch, shape, garnish creation) d. Use of the cooker-(Grilling, Baking, Roasting, Braising) e. Use of equipment- (Blender, food processor, mixer, pasta machine, microwave oven) f. Cooking methods (Boiling, steaming, poaching, simmering, blanching, dry-frying, shallow frying, stir-frying) g. Preparing, combining and shaping (Roll, wrap, skewer, mix, coat, shape and bind, layer) h. Sauce-making (Starch-based, reduction, emulsion) i. Tenderising and marinating- (Mechanical, acid based) j. Dough (Shortcrust pastry, puff pastry, pasta, bread) k. Raising Agents (Eggs, self-raising flour, bicarbonate of soda, baking powder, yeast, steam) l. Setting Mixtures (Gelatine, coagulation, gelatinisation) 	
<p>Year 9 Autumn</p>	<p>Food, Nutrition and Health</p> <p>Nutrients</p> <ul style="list-style-type: none"> • Protein-Demonstrate and apply knowledge of the macronutrient protein to include sources, functions, excess and deficiency • Fats-Demonstrate and apply knowledge of the macronutrient fat to include sources, functions, excess and deficiency • Carbohydrates-Demonstrate and apply knowledge of the macronutrient carbohydrates to include sources, functions, excess and deficiency • Vitamins -Demonstrate and apply knowledge of micronutrients (vitamins) to include sources, functions, excess and deficiency • Minerals-Demonstrate and apply knowledge of micronutrients (minerals) to include sources, functions, excess and deficiency • Water- Demonstrate and apply knowledge of the nutrient water to include sources, functions, excess and deficiency <p>Nutritional needs and health</p> <ul style="list-style-type: none"> • Balancing the diet-Demonstrate and apply knowledge of currently healthy eating guidelines • Energy needs- Demonstrate knowledge and application of the nutritional needs of humans through different life stages • Nutritional analysis-Demonstrate the ability to carry out nutritional analysis using a computer programme. • Diet, nutrition and health-Know how to plan a balanced meal for specific dietary groups. 	<p>2 x written MAD assessment 2 x practical MAD assessment based on skills and knowledge of ingredients.</p>

<p>Year 9 Spring</p>	<p>Food Choice Factors affecting food choice-</p> <ul style="list-style-type: none"> • Factors that influence food choice- Have an awareness how various factors can affect food choice. • Food Choices-Recognise how food choices are influenced by religion and culture. • Food labelling- Know the current food labelling laws. • Marketing influences- Recognise and give examples of how marketing influences our food choices. <p>British and international cuisines- Be able to explain and discuss the features and characteristics of cuisines from Britain and other countries.</p> <p>Sensory Evaluation- Be aware of the various sensory testing methods and how to carry out sensory testing.</p> <p>Food Science Cooking of food and heat transfer Why food is cooked-Be able to explain the reasons why food is cooked. Heat transfer-Be able to explain how heat is transferred to food during cooking. Selecting appropriate cooking methods – Be aware of how to select appropriate cooking methods for particular foods.</p> <p>Functional and chemical properties of food Proteins- Be aware of the chemical and functional properties of protein. Carbohydrates- Be aware of the chemical and functional properties of carbohydrate. Fats and oils -Be aware of the chemical and functional properties of fats and oils. Raising agents -Be aware of the chemical and functional properties of raising agents.</p>	<p>2 x written MAD assessment 2 x practical MAD assessment based on skills and knowledge of ingredients.</p>
<p>Year 9 Summer</p>	<p>Food Safety Food spoilage and contamination Micro-organisms and enzymes- Be able to explain what micro-organisms and enzymes are and how they can spoil food. Signs of food spoilage-Be able to explain the signs of food spoilage. Micro-organisms in food production-To be able to explain how micro-organisms are used in the production of bread, cheese and yogurt. Bacterial contamination-To be able to discuss the main types of bacterial food poisoning.</p> <p>Principles of food safety Buying and storing food-To know what to look for when buying food and how to store food properly. Preparing, cooking and serving food-To know how to prevent cross contamination and control microbial growth in the preparation, cooking and serving of food.</p> <p>Food Provenance Environmental impact and sustainability Food Sources-be aware of how ingredients are grown, gathered, reared and caught.</p>	<p>1 x MAD assessment 1 x End of Year Test 1 x practical MAD assessment based on skills and knowledge of ingredients.</p>

	<p>Food and environment-Know about the environmental issues associated with food.</p> <p>Sustainability of food-Be able to define food security and explain what sustainable food production is.</p> <p>Processing and production</p> <p>Food Production-Be able to define primary and secondary food processing and production.</p> <p>Technological developments associated with better health and food production –Be able to explain what food fortification is and why additives are used in food production.</p>	
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	KS4 Curriculum content summary	Coursework and assessment details incl. deadlines
	<p>Throughout Year 10, the following skills are enhance from Year 9 through a variety of practical linked to each topic.</p> <ol style="list-style-type: none"> a. General practical skills- (Weighing and measuring, selecting and adjusting cooking times, testing for readiness, judging and modifying sensory properties) b. Knife skills-(Fruit and vegetables, filleting fish, jointing chicken) c. Preparing fruit and vegetables- (Peel, mash, shred, scoop, crush, grate, segment, de-skin, blanch, shape, garnish creation) d. Use of the cooker-(Grilling, Baking, Roasting, Braising) e. Use of equipment- (Blender, food processor, mixer, pasta machine, microwave oven) f. Cooking methods (Boiling, steaming, poaching, simmering, blanching, dry-frying, shallow frying, stir-frying) g. Preparing, combining and shaping (Roll, wrap, skewer, mix, coat, shape and bind, layer) h. Sauce-making (Starch-based, reduction, emulsion) i. Tenderising and marinating- (Mechanical, acid based) j. Dough (Shortcrust pastry, puff pastry, pasta, bread) k. Raising Agents (Eggs, self-raising flour, bicarbonate of soda, baking powder, yeast, steam) l. Setting Mixtures (Gelatine, coagulation, gelatinisation) <p>Year 10 repeats the same topics as Year 9, but there is more detail given and a greater level of independence set with practical lessons.</p>	
<p>Year 10 Autumn</p>	<p>Food, Nutrition and Health Nutrients</p> <ul style="list-style-type: none"> • Protein-Demonstrate and apply knowledge of the macronutrient protein to include sources, functions, excess and deficiency • Fats-Demonstrate and apply knowledge of the macronutrient fat to include sources, functions, excess and deficiency • Carbohydrates-Demonstrate and apply knowledge of the macronutrient carbohydrates to include sources, functions, excess and deficiency 	<p>2 x written MAD assessment 2 x practical MAD assessment based on skills and knowledge of ingredients.</p>

	<ul style="list-style-type: none"> • Vitamins -Demonstrate and apply knowledge of micronutrients (vitamins) to include sources, functions, excess and deficiency • Minerals-Demonstrate and apply knowledge of micronutrients (minerals) to include sources, functions, excess and deficiency • Water- Demonstrate and apply knowledge of the nutrient water to include sources, functions, excess and deficiency <p>Nutritional needs and health</p> <ul style="list-style-type: none"> • Balancing the diet-Demonstrate and apply knowledge of currently healthy eating guidelines • Energy needs- Demonstrate knowledge and application of the nutritional needs of humans through different life stages • Nutritional analysis-Demonstrate the ability to carry out nutritional analysis using a computer programme. • Diet, nutrition and health-Know how to plan a balanced meal for specific dietary groups. 	
<p>Year 10 Spring</p>	<p>Food Choice Factors affecting food choice-</p> <ul style="list-style-type: none"> • Factors that influence food choice- Have an awareness how various factors can affect food choice. • Food Choices-Recognise how food choices are influenced by religion and culture. • Food labelling- Know the current food labelling laws. • Marketing influences- Recognise and give examples of how marketing influences our food choices. <p>British and international cuisines- Be able to explain and discuss the features and characteristics of cuisines from Britain and other countries.</p> <p>Sensory Evaluation- Be aware of the various sensory testing methods and how to carry out sensory testing.</p> <p>Food Science Cooking of food and heat transfer Why food is cooked-Be able to explain the reasons why food is cooked. Heat transfer-Be able to explain how heat is transferred to food during cooking. Selecting appropriate cooking methods – Be aware of how to select appropriate cooking methods for particular foods.</p> <p>Functional and chemical properties of food Proteins- Be aware of the chemical and functional properties of protein. Carbohydrates- Be aware of the chemical and functional properties of carbohydrate. Fats and oils -Be aware of the chemical and functional properties of fats and oils. Raising agents -Be aware of the chemical and functional properties of raising agents.</p>	<p>2 x written MAD assessment 2 x practical MAD assessment based on skills and knowledge of ingredients.</p>
<p>Year 10 Summer</p>	<p>Food Safety Food spoilage and contamination Micro-organisms and enzymes- Be able to explain what micro-organisms and enzymes are and how they can spoil food. Signs of food spoilage-Be able to explain the signs of food spoilage.</p>	<p>1 x MAD assessment 1 x PPE 1 x practical MAD assessment based on</p>

	<p>Micro-organisms in food production-To be able to explain how micro-organisms are used in the production of bread, cheese and yogurt.</p> <p>Bacterial contamination-To be able to discuss the main types of bacterial food poisoning.</p> <p>Principles of food safety</p> <p>Buying and storing food-To know what to look for when buying food and how to store food properly.</p> <p>Preparing, cooking and serving food-To know how to prevent cross contamination and control microbial growth in the preparation, cooking and serving of food.</p> <p>Food Provenance Environmental impact and sustainability</p> <p>Food Sources-be aware of how ingredients are grown, gathered, reared and caught.</p> <p>Food and environment-Know about the environmental issues associated with food.</p> <p>Sustainability of food-Be able to define food security and explain what sustainable food production is.</p> <p>Processing and production</p> <p>Food Production-Be able to define primary and secondary food processing and production.</p> <p>Technological developments associated with better health and food production –Be able to explain what food fortification is and why additives are used in food production.</p>	<p>skills and knowledge of ingredients.</p>
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	KS4 Curriculum content summary	Coursework and assessment details incl. deadlines
<p>Year 11 Autumn</p>	<p>Complete NEA Task 1: Food investigation (30 marks)</p> <p>Students' understanding of the working characteristics, functional and chemical properties of ingredients. Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation.</p> <p>Begin NEA Task 2: Food preparation assessment (70 marks). Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.</p> <p>PPE exam preparation.</p>	<p>NEA 1 task released on September 1st.</p> <p>Internal NEA 1 deadline of October 19th.</p> <p>NEA 2 task released on November 1st.</p> <p>PPE exam in late November/early December</p>

Year 11 Spring	Completion of NEA Task 2 with practical exams towards the end of January. Preparation for final exam begins.	Internal NEA 2 deadline of 1 st March.
Year 11 Summer	NEA 1 and NEA 2 tasks due to exam board. Preparation and revision for final exam	NEA tasks due May 7 th . Exam date 10 th June 2018

Spec Code	Details of GCSEs: (specification and exam board)
AQA 8585	AQA GCSE Food Preparation and Nutrition