



	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Year 7	Food Preparation & Cooking skills; EatWell Guide					
	<p>Topic: Food hygiene, health & safety, nutrition, basic cooking methods</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: To develop the knowledge of food categories and their role. To develop safe cooking and food handling methods and the appreciation of the dietary and sensory impact of food.</p> <p>Outcome: Key methods and knowledge utilised in the cooking of various recipes, including seasonal specialities. Peer and self-assessment and evaluation and adaption of recipes.</p> <p>Duration: 14 lessons</p>					
Year 8	Diet, Health & International Cuisine					
	<p>Topic: Different cultures of food, health & hygiene, adapting recipes to dietary needs and healthy substitutes.</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: To make pasta dough, to develop and bake pasta based recipes. To adapt recipes to include healthier ingredients e.g. saturated and unsaturated fats</p> <p>Outcome: Understanding of different culture’s food. Knowledge of food substitution groups. Peer and self-assessment and recipe evaluation</p> <p>Duration: 14 lessons</p>					
Year 9	Food Science					
	<p>Topic: The reasons & science behind cooking food.</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: Proteins, carbohydrates, Fats & Oils, Raising Agents. Gas-in-Liquid, gelatinisation, caramelisation, shortening, creaming</p> <p>Outcome: Knowledge and application of food groups and methodology. Assessment using GCSE based criteria.</p> <p>Duration: 14 lessons</p>					



	Food Investigation	Food Safety	Food Science	Food Choice	Food Nutrition & Health	Food Provenance
Year 10	<p>Topic: Year 10 Food Investigation Task</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: To research, plan, execute & evaluate a food investigation</p> <p>Outcome: Knowledge and understanding of planning & recording a practical investigation. NEA assessment criteria</p> <p>Duration: 8 lessons</p>	<p>Topic: Personal and Food Hygiene</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: Preventing cross-contamination of foods, develop hygienic practices, work independently, international cuisine</p> <p>Outcome: Knowledge and application of hygiene practices, increased knowledge of international cuisine. Assessment using GCSE based criteria</p> <p>Duration: 6 lessons</p>	<p>Topic: The reasons & science behind cooking food.</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: Proteins, carbohydrates, Fats & Oils, Raising Agents. Gas-in-Liquid, gelatinisation, caramelisation, shortening, creaming</p> <p>Outcome: Knowledge and application of food groups and methodology. Assessment using GCSE based criteria.</p> <p>Duration: 12 lessons</p>	<p>Topic: Lifestyle and Seasonality</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: Food choices related to religion, culture, moral and ethical beliefs and medical conditions</p> <p>Outcome: Knowledge of food choices and where to find information e.g. food labels. New cooking methods. Assessment using GCSE criteria</p> <p>Duration: 12 lessons</p>	<p>Topic: Different requirements of balanced diet</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: Macronutrients and Micronutrients, consequences of excess and deficiencies in food groups.</p> <p>Outcome: Knowledge and application to create recipes for a balanced nutritious diet. Assessment using GCSE based criteria</p> <p>Duration: 6 lessons</p>	<p>Topic: How food is grown, gathered, reared, caught.</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: Food farming, seasonality, genetically modified foods, environment issues associated with food production.</p> <p>Outcome: Knowledge of provenance of food and issues related to food production. New cooking methods. Assessment using GCSE criteria</p> <p>Duration: 6 lessons</p>
	Non Examination Assessment 1		Non Examination Assessment 2			
Year 11	<p>Topic: NEA Food Investigation Task</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: To plan, execute and evaluate a food investigation</p>	<p>Topic: Skills Demonstration Task</p> <p>Resources: Tools & equipment, recipes, illuminate Digital – Food Preparation & Nutrition</p> <p>Focus: showcase food preparation and technical skills. Plan, prepare and cook 3 dishes in 3 hours.</p>			<p>Topic: Examination Preparation.</p> <p>Resources: IT, Google Classroom, Text books.</p> <p>Focus: Examination Preparation on key focus areas, specified by the years</p>	



<p>Outcome: 2000 word report detailing investigation process and findings. NEA assessment criteria</p> <p>Duration: 12 lessons</p>	<p>Outcome: Planned and executed practical task involving careful timing and a variety of cooking techniques. NEA assessment criteria.</p> <p>Duration: 24 lessons</p>	<p>planning & pupil specified topics.</p> <p>Outcome: Examination success.</p> <p>Duration: - lessons</p>	
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