



Future curriculum changes

2021- 2022 academic year. The teaching and learning for some of KS3 Food, Nutrition and Preparation is delivered as a carousel

2022- onwards. KS3 Food, Nutrition and Preparation teaching and learning will be delivered all year.

Year 7 Food, Nutrition and Preparation Curriculum		
Autumn Term	Spring Term	Summer Term
Autumn 1	Spring 1	Summer 1
Food nutrition and preparation – basic prep skills and looking at the Eat well guide. A practical lesson will take place once or twice a fortnight. Skills covered include knife skills and use of the hob and oven. Food safety and Hygiene is introduced during the first term and assessed during each practical.	Milk and dairy foods – where they come and how they are processed. Nutritional value and comparing food labels. The importance of low fat yoghurts etc. Analyse labels. A project on breakfast being the main meal of the day. Peer assessments to create food labels for healthy breakfast	Pupils will understand the school eating plan. Planning own menus and peer assessments using the Eat well guide. The history of afternoon tea and applying the knowledge to create a practical menu for an afternoon tea and can adapt to a certain clientele. Process and sensory property evaluation of the finished product.
Autumn 2	Spring 2	Summer 2
Energy balance and nutrients – students will calculate the energy and nutritional value of an existing product and design a dish that provides energy. Students also learn about enzymic browning. Using the oven, students learn the rubbing in method and practise the skill with apple crumble and scones. Teacher assessment of skills will scone competition which involves designing a dish, peer assessment and independent work.	The importance of protein in one's diet. The sources and alternatives to protein. To evaluate the effects of an excess or deficiency of this nutrient. Understanding the needs of different diets, vegetarianism – to be able to adapt a recipe to have the required amounts of protein. Pupil assessment in recipe modification and calculations.	Students will create a suitable design specification for a sporty snack. They learn to plan their practical lesson using quantities measuring and modifications according to criteria. Teacher assessment of practical and written snack. Students will develop their product with analysis, able to offer peer support and quality checks during the process.



Year 8 Food, Nutrition and Preparation Curriculum		
Autumn Term	Spring Term	Summer Term
Autumn 1	Spring 1	Summer 1
<p>Recap on Year 7 skills, knowledge and subject specific terminology – health and safety and key temperatures in food. The source and function of the 5 main groups of a balanced diet. Fibre and water, hydration and carbohydrates.</p> <p>The effects of excess and deficiency of these foods groups in people. Students will adapt recipes taking into account different needs, developing and experimenting knowledge with yeast.</p>	<p>Students will understand different food choices and will adapt different recipes according to their needs. Using different media and resources they will develop their independent skills in a research project on multi-cultural foods. Creating special diets for different religions. Comparing different foods versus religious dietary requirements.</p>	<p>Carousel rotation</p>
Autumn 2	Spring 2	Summer 2
<p>Students will understand the necessity of proteins in one's diet and the different requirements in different stages in life. Develop group working skills and create a day's meal planner for a person of their age. Must show knowledge of other nutrients on the eat well plate.</p> <p>Sausage roll assessment and theory exam in class.</p>	<p>Carousel rotation</p>	<p>Carousel rotation</p>



Year 9 Food, Nutrition and Preparation Curriculum		
Autumn Term	Spring Term	Summer Term
Autumn 1	Spring 1	Summer 1
Recap on year 8 skills, knowledge subject and terminology. Food spoilage and contamination and how to prevent these. Macro and micro nutrients and their properties. Scientific concepts of cooking including heat transfer and changing properties of protein and starch. Applying their knowledge in practical settings – roux and tomato sauce. Cutting skills and creating a soup for individual needs.	Micro nutrients, vitamins and minerals, types, functions and properties of fats. Cake experiment using lower fat products. Students will understand the importance of an excess and deficiency of these food groups and their scientific breakdown. They will also adapt recipes to the needs and uses of different dietary requirements. Written assessments on topics covered.	Carousel rotation
Autumn 2	Spring 2	Summer 2
The science of food and the changing properties of protein and starch and applying their knowledge in cooking. Denaturation – whisking eggs in practical lessons for meringues. Aeration assessment. Evaluation and modifying recipe for individual needs. Caramelisation and gelatinisation in theory – practical white source lasagne and crème caramel.	Using knowledge to adapt recipes and quantities. Written assessment on different dietary requirements. Students review their method of making quality controlled points that highlight change. Main exam.	Carousel rotation

