

Food Preparation and Nutrition Curriculum

Curriculum Intent

Our Vision:

To improve young people's health and wellbeing through innovative food education and practical cooking skills

Iceni Academy is committed to giving all pupils the opportunity to learn how to cook and apply the principles of nutrition and healthy eating through our knowledge-rich food curriculum. We believe learning to cook is a crucial life skill that enables pupils to feed themselves healthy meals, now and later in life. We also believe it is vitally important to combine these practical skills with detailed knowledge which enables pupils to make good food choices and to be responsible consumers. This is why we examine how food is grown, reared and processed, the principles of food safety, how food choices are influenced by our moral, culture and religious beliefs and the importance of eating a balanced diet with the recommended daily intakes of macro and micronutrients.

Curriculum Implementation

Year	When	Lead	Topic	Summary	Skills and Knowledge	Assessment for learning	Big Questions	Key Words
7	Autumn 1	HTo	Food Safety	An introductory project to basic health and hygiene with in the kitchen. The basics of handling equipment/knives and using equipment such a cookers safely. Practical-Fruit Fusion.	-Safety rules -Spotting hazards -Knife skills -Personal hygiene	Cold calling questioning. -Live feedback. -Peer assessment. -Self Assessment. -Homework. -Final skills assessment. -Word Banks	-Name some safety rules of the kitchen. -What are two basic knife rules and how do you use these? Practical-Fruit Fusion-How do you use the bridge and claw cut successfully?	Hazards Personal Hygiene Cross -Contamination Bacteria Practical: Claw Grip Bridge Cut

7	Autumn 2	HTo	Eatwell Guide.	<p>Introduction to the macro and micronutrients- what are they and why we need them in our diet.</p> <p>Introduction to the Eatwell guide. The 8 recommended healthy eating guidelines. Why it is important that we have a healthy balance diet.</p> <p>Practical-Pizza Toast</p>	<p>-Using the cooker safely</p> <p>-Knowing why we have the Eatwell plate.</p> <p>Naming the 8 healthy guidelines to a healthy diet.</p> <p>-Knowing what a food is involved in a healthy balanced diet.</p> <p>-Why we need certain foods and what role they play to keep us healthy.</p>	<p>Cold calling questioning.</p> <p>-Live feedback.</p> <p>-Peer assessment.</p> <p>-Self Assessment.</p> <p>-Homework.</p> <p>-Practical skills assessment.</p> <p>-Word Banks</p> <p>-Project quiz</p>	<p>-What are macro and micronutrients?</p> <p>-What is the Eatwell guide and what does it contain.</p> <p>Practical-Pizza Toast-What type of heat transfer is being used when cooking your pizza toast?</p>	<p>Macro nutrients</p> <p>Micro nutrients</p> <p>Saturated Fats</p> <p>Unsaturated Fats</p> <p>Radiation</p> <p>Convection</p> <p>Conduction</p> <p>Practical: Radiation Safety</p>
7	Spring 1	HTo	Eatwell Guide- Fruit and Vegetables	<p>Introduction to different types of fruit and vegetables.</p> <p>Investigating enzymic Browning.</p> <p>Practical-Apple Crumble.</p>	<p>-Naming a range of fruits and vegetables.</p> <p>-Knowing what fruit and vegetables are available throughout different times of the year.</p> <p>-How to stop certain fruit and vegetables from spoiling so quick.</p>	<p>Cold calling questioning.</p> <p>-Live feedback.</p> <p>-Peer assessment.</p> <p>-Self Assessment.</p> <p>-Homework.</p> <p>-Practical skills assessment.</p> <p>-Word Banks</p>	<p>-What is Enzymic Browning?</p> <p>-How many different vegetables can you identify?</p> <p>Practical-Apple Crumble-What happens during</p>	<p>Enzymic Browning</p> <p>Oxidisation</p> <p>Practical: Soften</p> <p>Simmer</p> <p>Absorb</p>

							enzymic browning?	
7	Spring 2	HTo	Eatwell Guide- Carbohydrates, starchy foods and fibre	Introduction to the macronutrients- Carbohydrates. What are they and why we need them-the role they play in the diet. Practical- Vegetable cous cous		Cold calling questioning. -Live feedback. -Peer assessment. -Self Assessment. -Homework. -Practical skills assessment. -Word Banks		Fibre Carbohydrates Simple Carbohydrates Complex Carbohydrates
7	Summer 1		Eatwell Guide- Carbohydrates, starchy foods and fibre	Practical-Flapjack		Cold calling questioning. -Live feedback. -Peer assessment. -Self Assessment. -Homework. -Practical skills assessment. -Word Banks		
7	Summer 2		Eatwell Guide- Eating less sugar and sensory testing cereal bars	Practical-Cheesy Scones		Cold calling questioning. -Live feedback. -Peer assessment. -Self Assessment.		

						<ul style="list-style-type: none"> -Homework. -Practical skills assessment. -Word Banks 		
8	Autumn 1		<p>Food Safety: Food spoilage and contamination. Using High risk food safely.</p> <p>Practical: Pizza</p>	<p>Intoduction to the key temperatures needed in the kitchen to keep thing safe and prevent spoiling.</p> <p>Identifying ways in which cross-contamination can occur and how to prevent these looking and using the four Cs.</p>	<p>-Identify the key temperatures needed to: Reheat food, Store food, Name what the danger zone is for when bacteria will thrive.</p> <p>-Identify and name ways in which cross-contamination can occur. Name the four Cs to help prevent cross contamination.</p>	<p>Cold calling questioning.</p> <p>-Live feedback.</p> <p>-Peer assessment.</p> <p>-Self Assessment.</p> <p>-Homework.</p> <p>-Practical skills assessment.</p> <p>-Word Banks</p>	<p>-What are the four Cs needed to prevent food poisoning?</p> <p>-What are ways in which we can prevent cross-contamination?</p> <p>Practical: what does par cook mean?</p>	<p>-High Risk</p> <p>-Use by date</p> <p>-Sell by date</p> <p>-Pathogens</p> <p>-Danger Zone</p> <p>Practical: Par cook Knead Activate</p>
8	Autumn 2		<p>Eatwell Guide: High protein Food-Meat, Fish, Poultry and alternatives</p> <p>Practical-Macaroni Cheese</p>	<p>Introduction to the role of proteins in our diet-what are they-what is the function of protein in our diet and what foods contain what levels of proteins.</p>	<p>-Name and recognise what protein is.</p> <p>-Explain what LBV and HBV are?</p> <p>-Explain about amino acids in food and which are incomplete and which foods are complete proteins.</p> <p>-Name alternative foods that contain high levels of protein and can</p>	<p>Cold calling questioning.</p> <p>-Live feedback.</p> <p>-Peer assessment.</p> <p>-Self Assessment.</p> <p>-Homework.</p> <p>-Practical skills assessment.</p> <p>-Word Banks</p>	<p>-What are macronutrients and what are the healthy eating guidelines?</p> <p>-What is protein and why do we need it in our diets?</p>	<p>-HBV (High Biological Value) and LBV (Low Biological Value)</p> <p>-Amino Acids</p> <p>-Incomplete and Complete Proteins.</p> <p>-Macronutrients</p> <p>-Micronutrients.</p> <p>Practical: -Bechemal -Roux</p>

					contribute to a healthy balanced diet.		Practical: How do you make a successful bechamel sauce?	-thickening.
8	Spring 1		Eatwell Guide: High protein Food-Meat, Fish, Poultry and alternatives Practical :Bolognese	From Farm to fork-Looking at where our produce comes from and being able to different name cuts of meat and fish. Being able to name how these cuts of meat, fish and poultry can be cooked and why we cook them.	-Identify the life cycle of our food. -Identify cuts of meat -identify and name methods of cooking meat, fish and poultry. -Explain why we cook foods in a certain way.	Cold calling questioning. -Live feedback. -Peer assessment. -Self Assessment. -Homework. -Practical skills assessment. -Word Banks	Can you name different parts of the meat and say why we need them in a balanced diet?	
8	Spring 2		Eatwell guide: Dairy foods and alternatives. Practical: Chicken Fajitas					
8	Summer 1		Eatwell Guide: Fats and oils in the diet					

			Practical: cheese and onion tarts					
8	Summer 2		Eatwell Guid: Function of Fats and oils in cooking Practical-Fish and Chips					
9	Autumn 1		Food Safety : Key temperatures and health and hygiene in the kitchen Practical: Scotch Eggs	Recapping key temperatures needed in the kitchen and ways in which cross- contamination can occur.	-Identify key temperatures within the kitchen. -Name ways in which cross contamination can occur. -Explain what is meant by panne, enrobing, and boiling.	Cold calling questioning. -Live feedback. -Peer assessment. -Self Assessment. -Homework. -Practical skills assessment. -Word Banks	-What are the rules for using High Risk foods in the kitchen? -How do we avoid cross- contamination? Practical: What does Panne mean?	-High Risk -Bacteria -Storage -The Four Cs Practical: Enrobing Panne Boil
9	Autumn 2		Food choice: British Cuisine -distinctive characters Practical: Victoria Sponge	Looking into the micronutrients and their functions/roles in the diet. Naming food sources which contain micronutrients.	-To explain what factors effect food choices and more importantly why these factors effect food choice. -To identify different foods that contain what micronutrients and what	Cold calling questioning. -Live feedback. -Peer assessment. -Self Assessment. -Homework. -Practical skills assessment. -Word Banks	-What are micronutrients and why do we need them? -What are the factors infecting food choice?	-Minerals -Vitamins -Fortified -Hydration -Deficient Practical: Beat Rise Gluten

				-Introduction of what things effect food choices and why.	are the functions of micronutrients.		Practical: Why do we beat the mixture?	
9	Spring 1		Food choice: British Cuisine -distinctive characters Practical: Practical: Toad in the hole					
9	Spring 2		Food Choice: International cuisine. Practical: Stir fry					
9	Summer 1		Food Choice: International cuisine. Practical: Curry					
9	Summer 2		Consumer Awareness: Food labelling and Food waste Practical :Gourmet Burger					
10	Autumn 1		Food provenance	Introduction toe GCSE course Introduction to Health and	-To understand the course. -Explain cross-contamination and ways in which this can occur.	Cold calling questioning. -Live feedback. -Peer assessment.	-What is the content of GCSE Food and Nutrition and what will we be	Carbohydrates MacroNutrients Micrinutrients Food processing

			<p>Food Science: Chemical and functional</p> <p>properties of carbohydrates. Practicals: Bread shapes Jam Tarts-with own made jam and own made shortcrust pastry.</p>	<p>hygiene within the kitchen.</p> <p>Introduction to carbohydrates-their chemical and functional properties.</p> <p>How food is processed-primary and secondary food processing.</p>	<p>-To name the different types of bacteria and the symptoms of food poisoning.</p> <p>-To explain the functional and chemical properties of carbohydrates.</p> <p>To be able to make bread and explain the chemical properties of the ingredients within the product and what role each ingredient plays.</p> <p>-To understand farm to fork through food processing.</p> <p>-To taste test different carbohydrates and record findings in a star diagram and analyse.</p> <p>-To understand food processing by making jam and being able to explain what type of food processing this is.</p>	<p>-Self Assessment.</p> <p>-Homework.</p> <p>-Practical skills assessment.</p> <p>-Word Banks</p>	<p>learning over the next two years?</p> <p>-What is food poisoning how do we prevent the 4 Cs?</p> <p>-What are carbohydrates and their functional products in food?</p> <p>-What are carbohydrates and their chemical properties in food?</p> <p>-What is sensory testing and how do we do it?</p> <p>-What types of dough are there?</p> <p>-What is primary and secondary processing?</p>	<p>Primary and Secondary processing</p> <p>Pathogens</p> <p>Bacteria</p> <p>Cross contamination</p> <p>Chemical Functions</p> <p>Functional Properties</p> <p>Sensory Testing</p> <p>Analyse</p>
10	Autumn 2		Food provenance	-Introduction to the use of CAD and CAM and	-To learn about food fortification and	<p>Cold calling questioning.</p> <p>-Live feedback.</p>	-Name some examples of secondary	<p>Proteins</p> <p>Amino Acids</p> <p>HBV LBV</p>

			<p>Food processing- CAD/CAM. Proteins.</p> <p>Practical's: Sausage Rolls with own made Flaky pastry Savoury pie with own made puff pastry</p>	<p>what is is and why is it used- disadvantages and advantages of this process.</p> <p>The role of proteins in our diet-functions of proteins and what foods it can be found in.</p> <p>The role of vitamins and minerals in our diet-functions and foods they can be found in.</p>	<p>modification and why this occurs.</p> <p>-To learn about CAD and CAM and relate this to real life products-sensory testing of pringles/crisps.</p> <p>-To Learn all about proteins-what they are, what foods they are in, what are the functional properties of proteins.</p> <p>-</p>	<p>-Peer assessment.</p> <p>-Self Assessment.</p> <p>-Homework.</p> <p>-Practical skills assessment.</p> <p>-Word Banks</p> <p>-Mock exam</p>	<p>processing and the production of these.</p> <p>-What is food fortification and modification?</p> <p>-What are ways in which technology development claim to support better health and food production?</p> <p>-What are ways in which factors effect food choice?</p> <p>-Can you name the different fats and say why we need them?</p> <p>-Can you explain what protein is and why we need them.</p> <p>-What foods contain which vitamins and</p>	<p>Iron</p> <p>Minerals</p> <p>Fortification</p> <p>Modification</p> <p>Deficient</p> <p>Pastry</p> <p>CAD-Computer Aided Design</p> <p>CAM-Computer Aided Manufacturing.</p> <p>Saturated</p> <p>Unsaturated</p> <p>Solid</p> <p>Liquid</p> <p>Health</p> <p>Problems/Cholesterol</p>
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10	Spring 1							
10	Spring 2							
10	Summer 1							
10	Summer 2							
11	Autumn 1		NEA 1: Food Science Investigation	Controlled Assessment (15% of GCSE Grade)		<ul style="list-style-type: none"> Cold calling questioning. -Live feedback. -Peer assessment. -Self Assessment. -Homework. -Practical skills assessment. -Word Banks 		
11	Autumn 2		NEA 2: Food Preparation-Controlled Assessment.	Controlled Assessment (35% of overall GCSE Grade)		<ul style="list-style-type: none"> -Self assessment -Live feedback -Mock exam -Exam question-for homework 		
11	Spring 1		NEA 2: Food Preparation-Controlled Assessment.	Controlled Assessment (35% of overall GCSE Grade-3 dishes in 3 hours)		<ul style="list-style-type: none"> Self assessment -Live feedback 		

						-Exam question-for homework		
11	Spring 2		Revision:	Tips and techniques for written exam. Practise papers and questions.		Self assessment -Live feedback -Mock exam -Exam question-for homework		
11	Summer 1		Written Examination	Written examination (50% of GCSE Grade)				
11	Summer 2							