

Subject: Food

KS3

Year 7	Year 8	Year 9
Principles of health and nutrition- Preparation techniques, use of small and large equipment to include health and safety Health and safety (food hazards) Knife skills - Fruit salad Sensory analysis - Pizza toast Use of Equipment- Stir Fry Dairy Products- Cheesecake Protein- pasta salad Carbohydrates -yeast activation and bread Pastry – cheese and onion triangles Fats- Gratin Vitamins and minerals- salads Celebrations- Biscuits Muffin development- sweet and savoury Reading opportunity: Eatwell guide Dairy and alternatives Vitamins and Minerals Healthy eating guidelines Extended writing: Analysis of individual diet.	Principles of health and nutrition Eatwell guide Personal factors affecting food choices Energy dense food -flapjack Seasonal produce- scone practical, jam Alternative proteins- Curry Function of ingredients- Bun experiment Spaghetti bolognaise Cultural foods- fougasse bread Food waste- spicy bean burger Intolerances- pizza Marketing influences-rice dish Food provenance- packaging and labelling Fairtrade Organic produce- Flapjack Food waste- spinach and potato curry Alternative proteins- spaghetti bolognaise	Recap on principles of health and nutrition Life stages 1 and 2 Fajitas Food related health conditions Quiche High risk foods and food poisoning- food storage, bacteria Nutritional analysis using Food a Fact of Life Preparation techniques- safe use of high risk foods, rubbing in, sauce making Meatballs/ Lasagne Food choice 2- medical, personal, religious Swiss Roll/ Pineapple Upside Food choice 3- veganism, types of vegetarian Paella/ Risotto Special diets e.g diabetic, CHD, coeliac, allergies Bakewell tart/ Pastry based dessert Food provenance Cultural/ Ethical Food Choices Tagine Nutritional analysis- use food a fact of life to analyse fat, protein and carbohydrate contents of dishes Assessment/ extended writing

	Food choice Food production- food sourcing Traditional cuisine- spicy bean burger Marketing influences- pizza Sensory evaluation- runs through making	Costing- cost recipes and portions Yeast based products Pizza Rolls/ Calzone
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KS4

GCSE Food Preparation and Nutrition

Year 10	Year 11
<p>During Year 10 students will explore the five theory topics below. Each week a practical task will be completed to embed practical skills which link to each theory topic.</p> <p>Subject Content;</p> <ol style="list-style-type: none"> 1. Food, nutrition and health 2. Food science 3. Food safety 4. Food choice 5. Food provenance <p>HT1 - Nutrients - What nutrients does the body need to function and to stay healthy. Students will explore the micro and macro nutrients the body needs.</p> <p>HT2 - Diet and Good Health - How do the government guidelines support individuals to live a healthy lifestyle and eat a healthy balanced diet. Students will gain an understanding of how nutritional information can help to advise people what they should have shouldn't consume.</p> <p>HT3 - Science of Cooking Food - What is heat transfer and the different methods available to cook food. Students will explore the effects of cooking on food from the physical to chemical changes.</p> <p>HT4 - NEA 1 Mock - Students will have the</p>	<p>HT1 - As soon as the students return in September, they will start their first piece of coursework. The NEA 1 task is a scientific investigation that explores the functional, chemical and physical properties of a specific food commodity identified by the exam board.</p> <p>NEA 1 Task will include;</p> <ul style="list-style-type: none"> • Research • Analysis • Hypothesis • Planning • Investigations • Write up of investigations • Sensory testing • Evaluations • Final conclusions <p>HT2 and HT3 - Students will start their second piece of coursework after the 1st November. This is an opportunity to demonstrate their technical skills they have gained to produce a range of dishes which meet a task set by the exam board.</p> <p>NEA 2 Task is a food preparation assessment and includes;</p> <ul style="list-style-type: none"> • Research • Analysis • Demonstrating technical skills • Planning for the final menu

<p>opportunity to practise their first coursework</p> <p>HT5 -</p> <p>HT6 -</p>	<ul style="list-style-type: none"> • Making the final dishes • Analyse and evaluate <p>HT4 and HT5 - Revision</p> <p>In the remaining time of Year 11 students will revise for their final GCSE exam in June. This exam is worth 50% of their final grade.</p>
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Examination Board: GCSE AQA Food Preparation and Nutrition

Useful Resources and Revision Support

GCSE Food Preparation and Nutrition Support

- Seneca - <https://senecalearning.com/en-GB/>
- CGP GCSE AQA Food Preparation and Nutrition Revision Books - <https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition>
- Collins- Food Preparation and Nutrition - <https://collins.co.uk/products/9780008535032>

WJEC Hospitality and Catering

Year 10	Year 11
<p>During Year 10 students will explore the four theory topics below for Unit 1</p> <p>1.1 Hospitality & catering provision. 1.2 How Hospitality & Catering providers operate. 1.3 Health & Safety in Hospitality & Catering. 1.4 Food Safety in Hospitality & Catering.</p> <p>Each week a practical task will be completed to embed practical skills which link to each theory topic.</p>	<p>In Year 11 students will complete their Unit 2 NEA Controlled Assessment worth 60% of the qualification.</p> <p>HT1 - 2.1 The importance of nutrition</p> <p>HT2 - 2.2 Menu planning</p> <p>HT3 - 2.3 The skills and techniques of preparation, cooking and presentation of dishes. Completion of 3 hour practical assessment.</p> <p>2.4 Evaluating cooking skills</p>

<p>HT1 - Food Safety in Hospitality & Catering - food poisoning, allergies & intolerances, types of contamination, HACCP, the EHO, food labelling regulations.</p> <p>HT2 - Health & Safety in Hospitality & Catering - risk assessment, employment legislation</p> <p>HT3 - Hospitality & Catering Providers - types of establishment, types of foodservice</p> <p>HT4 - Working in the Hospitality & Catering industry - job roles, kitchen brigade, front of house, personal skills & attributes, types of employment</p> <p>HT5 - Factors contributing to the success of H&C providers - costings, selling price, impact of technology, environmental factors</p> <p>HT6 - How H&C providers operate - kitchen workflow, front of house, equipment & materials, documentation, customer needs.</p>	<p>HT4 and HT5 - Revision</p> <p>In the remaining time of Year 11 students will revise for their final GCSE exam in June. This exam is worth 40% of their final grade.</p>
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Examination Board: WJEC Hospitality and Catering

Useful Resources and Revision Support - Course Specification

wjec.co.uk/umbraco/surface/blobstorage/download?nodeId=36667

[Resource WJEC Educational Resources Website](#)