

Intent

As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating. We aim to instil a love of cooking that will open the door to one of the great expressions of human creativity. Learning to cook will provide a foundation for students for the rest of their lives that will enable them to feed themselves and others affordably and well, now and in later life.

Implementation

Key stage 3

	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
Year 7	<p>Content</p> <ul style="list-style-type: none"> -Nutrition -Adapting recipes -Heat transfer methods -Seasonality -Sensory testing and Evaluation -Food Safety <p>Practical:</p> <ul style="list-style-type: none"> -Fruit creations -Couscous salad 	<p>Content</p> <ul style="list-style-type: none"> -Nutrition -Adapting recipes -Yeast fermentation -Food safety -Setting up Experiments -Methods of cake making. -Sensory testing and evaluation <p>Practical:</p> <ul style="list-style-type: none"> -Pizza -Mini cakes 	<p>Content</p> <ul style="list-style-type: none"> -Nutrition -Types of pastry -Rules for making pastry -Types of pasta -Pasta sauces -Gelatinisation -Sensory tasting and evaluation. <p>Practical:</p> <ul style="list-style-type: none"> -Sausage rolls -Macaroni cheese 	<p>Content</p> <ul style="list-style-type: none"> -Nutrition -Adapting recipes -Heat transfer methods -Seasonality -Sensory testing and Evaluation -Food Safety <p>Practical:</p> <ul style="list-style-type: none"> -Fruit creations -Couscous salad 	<p>Content</p> <ul style="list-style-type: none"> -Nutrition -Adapting recipes -Yeast fermentation -Food safety -Setting up Experiments -Methods of cake making. -Sensory testing and evaluation <p>Practical:</p> <ul style="list-style-type: none"> -Pizza -Mini cakes 	<p>Content</p> <ul style="list-style-type: none"> -Nutrition -Types of pastry -Rules for making pastry -Types of pasta -Pasta sauces -Gelatinisation -Sensory tasting and evaluation. <p>Practical:</p> <ul style="list-style-type: none"> -Sausage rolls -Macaroni cheese

	Content	Content	Content	Content	Content	Content
Year 8	-Food safety -4Cs of food hygiene -Nutrition -Seasonality -Types of pasta -Fermentation of yeast -Types of bread Practical: -Pasta salads -Bread products	-Classification of vegetables -Seasonality -Vegetable cuts -Types of soups and finishes -Evaluations -Sensory analysis Practical: -Soups -Vegetable Stir fry	-Methods of cake making -Functions of ingredients in cake making -Celebration themes -Decorating techniques -Sustainable/moral food choices Practical: -Swiss Roll -Shortbread -Celebration cakes	-Food safety -4Cs of food hygiene -Nutrition -Seasonality -Types of pasta -Fermentation of yeast -Types of bread Practical: -Pasta salads -Bread products	-Classification of vegetables -Seasonality -Vegetable cuts -Types of soups and finishes -Evaluations -Sensory analysis Practical: -Soups -Vegetable Stir fry	-Methods of cake making -Functions of ingredients in cake making -Celebration themes -Decorating techniques -Sustainable/moral food choices Practical: -Swiss Roll -Shortbread -Celebration cakes
	Year 9	-The Eatwell guide -Macronutrients -Cooking methods and dairy products -Dietary needs through life -The function of ingredients how to reduce sugar -Factors affecting food choice Practical: -Vegetable soup	-Factors affecting food choice and culture -Food provenance and food waste -Food miles -Sustainability and food waste -Focusing on consumer information and food certification and assurance schemes Practical:	Analysing raising agents and their uses. Types of raising agents and their uses. Experiment with different raising agents. Food packaging and labelling. Modifying recipes Practical: -Quiche -Savoury Tart	-The Eatwell guide -Macronutrients -Cooking methods and dairy products -Dietary needs through life -The function of ingredients how to reduce sugar -Factors affecting food choice Practical: -Vegetable soup	-Factors affecting food choice and culture -Food provenance and food waste -Food miles -Sustainability and food waste -Focusing on consumer information and food certification and assurance schemes Practical:

-Dutch Apple cake	-Spaghetti Bolognese -Pasta Fiorentina -Pasta Sauces	-Samosas	-Dutch Apple cake	-Spaghetti Bolognese -Pasta Fiorentina -Pasta Sauces	-Samosas
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Key Stage 4

Awarding body: AQA

	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
Year 10	<p>Content</p> <ul style="list-style-type: none"> -Food provenance -Fruit and vegetables -Nutrition -Yeast fermentation -Gluten content of flour -Vegetable soup -Bread products -Pineapple upside down cake. 	<p>Content</p> <ul style="list-style-type: none"> -Food choices -Special diets -Diet related diseases -Understanding dietary units (kcal and kJ) -Energy requirements for different life stages/conditions -Emulsion salad dressings -Vegetarian salads -Gluten free fish cakes 	<p>Content</p> <ul style="list-style-type: none"> -Milk and dairy products -Processing of milk -Types of fats/oils -Meal planning -Nutritional analysis -Shortening -Aeration -Plasticity -Two-course meals for teenagers -Panna cotta 	<p>Content</p> <ul style="list-style-type: none"> -Cooking methods: <ul style="list-style-type: none"> Water based Fat based Dry -Methods of heat transfer 	<p>Content</p> <ul style="list-style-type: none"> -Non-practical assessment task research 1 -Non-practical research evaluation hypothesis -Experimental work and write up -Analysis of results 	<p>Content</p> <ul style="list-style-type: none"> -Cultural cooking -Traditional ingredients of different cultural cuisines -Traditional cooking methods and skills for chosen culture -Cultural signature dishes -Meal planning -Nutritional analysis -Sensory analysis

Year 11	Content	Content	Content	Content	Content	Content
	<ul style="list-style-type: none"> -Changing properties of food -Gelatinisation -Caramelisation -Dextrinisation -The changing composition of starch through the gelatinisation -Effects of too much sugar in the diet -Assess factors that contribute to food insecurity 	<p>-Non practical assessment 1:</p> <ul style="list-style-type: none"> Research methods Hypothesis Experiments Evaluation Conclusion <p>-Explore how consumers can show environmental awareness when shopping</p> <p>-Evaluate how food labelling can inform and protects consumers.</p> <p>-Vegan diet</p> <p>-Uses of microorganisms in food production.</p>	<p>-Non practical assessment 2:</p> <ul style="list-style-type: none"> Research methods Background research Nutrition <p>-Reasons for cooking food.</p> <p>-Cooking methods:</p> <ul style="list-style-type: none"> Water based Fat based Dry <p>-Methods of heat transfer</p>	<ul style="list-style-type: none"> -Food spoilage -Food safety -Food preparation -Food poisoning -Uses of microorganisms in food production. 	<p>-Non practical assessment 2:</p> <ul style="list-style-type: none"> -Final exam -Prepare, cook and present three dishes -Final evaluation <p>-Macronutrients and their uses</p> <p>-The role of vitamins water and fat soluble vitamins</p> <p>-The role of minerals and fibre</p>	<ul style="list-style-type: none"> Modular revision Exam skills