

Lower school

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Unit Title/ Learning Focus	Theory of health and safety Cooker safety Knife skills and safety Practical: Salads	Introduction to Food Prep and Nutrition Practical: Rice Practical: Flapjacks	Staple foods / nutrition Importance of balanced diet focussing on lunches Multicultural cooking Practical: Scones	Major diet related risks to health including obesity, cardiovascular disease, bone health, dental health, iron deficiency, diabetes Practical: Pasta dishes	The importance of hydration and water in the diet. How sensory perception guides the choices that people make, how taste receptors and olfactory systems work The sensory qualities of a range of foods and combinations and understand how to set up tasting panels for preference testing Practical: Quesdilla	Understand the min food groups as depicted in the healthy plate. Protein – coagulation, foam formation, gluten formation, acid denature. Fruit/vegetables - enzymic browning, oxidation How preparation and cooking affects the sensory and nutritional properties of food Practical: Own design lunch
	Assessments	Regular examination style assessment	Regular peer and self assessment of practical skills	Extended writing incorporating subject specific and technical language	Evaluative and analytical extended writing practice	Evaluative and analytical extended writing practice	Full GCSE Foundation Paper
	Homework	Key words spellings and definitions set according to SOW	Key words spellings and definitions set according to SOW	Key words spellings and definitions set according to SOW	Key words spellings and definitions set according to SOW	Revision	
8	Unit Title/ Learning Focus	A Healthy Life A variety of practical lessons and assessments that are mostly savoury Further theory of health and safety Theory of pastry Practical: Pastry items	Importance of balanced diet focussing on meals and snacks How to make informed choices about food and drink to achieve a varied and balanced diet, including awareness of portion sizes and costs How the information about food available to the consumer, including food labelling and marketing, influences food choice Practical: Pizza	Multicultural cooking Practical: Bolognaise	Theory of meat, fish and poultry and associated nutrition, hygiene, health and safety Practical: Chicken biryani Practical: Fish goujon	Functions of egg in cooking Practical: Banana bread Practical: Swiss roll	The range of factors that influence food choices, including enjoyment, preferences, seasonality, costs, availability, time of day, activity, celebration, or occasion The choices that people make about certain foods according to religion, culture, ethical belief or medical reason Practical: Own design meal
	Assessments	Regular examination style assessment	Regular peer and self assessment of practical skills	Extended writing incorporating subject specific and technical language	Evaluative and analytical extended writing practice	Evaluative and analytical extended writing practice	Full GCSE Foundation Paper
	Homework	Key words spellings and definitions set according to SOW	Key words spellings and definitions set according to SOW	Key words spellings and definitions set according to SOW	Display work: sugar	Revision	
9	Unit Title/ Learning focus	Theory of health and safety. Food safety principles when buying, storing, preparing and cooking food: How to store foods correctly and the importance of date-marks The growth conditions and control for enzyme action, mould growth and yeast production The signs of food spoilage, including enzymic action, mould growth, yeast production and bacteria. Some bacteria have helpful properties in food production The factors which affect bacterial growth – time, temperature, moisture and food availability. The types of bacterial cross- contamination and their prevention Practical: Soups	Production /processing methods Practical: Cheesecakes	Functions of fats Fats/oils – shortening, aeration, plasticity and emulsification Practical: Savoury mince	Advanced Knife skills (French cuts boning and filleting and safety) Practical: Stuffed chicken Practical: Fish goujon	Effects of cooking Special Diets Specific functions and consequences of malnutrition/macronutrients /micronutrients. Consider the influence of lifestyle and consumer choice when developing meals and recipes. Practical: Egg cookery Practical: Kebabs	Sauce making Importance of balanced diet Practical: Pasta making Practical: Own design meals
	Assessments	Regular examination style assessment Extended writing incorporating subject specific and technical language		Regular peer and self assessment of practical skills	Evaluative and analytical extended writing practice	Regular peer and self assessment of practical skills	Full GCSE Foundation Paper
	Homework	Key words spellings and definitions set according to SOW	Key words spellings and definitions set according to SOW	Key words spellings and definitions set according to SOW	Display work: Cooking Methods	Revision	

Upper School

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	Unit Title/ Learning focus	Importance of balanced diet Government guidelines for a healthy diet. Planning a balanced diet for life stages. Special diets. GDA % BMR / PAL Healthy body weight throughout life A variety of practical lessons and assessments throughout the academic year.	Extended knowledge of production, primary and secondary processes. Food choice and food provenance: Where and how foods are grown, reared, or caught and the primary and secondary stages of processing and production How processing affects the sensory and nutritional properties of ingredients The impact of food and food security on the environment, local and global markets and communities	Advanced Extended knife skills (French cuts boning and filleting and safety) Develop the ability to review and make improvements to recipes by amending them to include the most appropriate ingredients, process, cooking methods, and portion sizes Preparation and cooking techniques	Carbohydrates – gelatinisation, dextrinisation Pastry making Sauce making Practicals focussing on managing time and cost of recipes effectively.	Production /processing methods Technological developments that claim to support better health and food production, including fortification and modified foods with health benefits and the efficacy of these. The development of culinary traditions in British and two international cuisines, their features and characteristics, traditional and modern variations of recipes, cooking methods, presentation and eating patterns	Effects of cooking Why food is cooked How heat is transferred to food through conduction, convection and radiation Appropriate cooking methods to conserve or modify nutritive value or improve palatability Understanding of the working characteristics, functional and chemical properties of ingredients to achieve a particular result:
	Assessments	Regular peer and self assessment of practical skills. Evaluative and analytical extended writing practice	A variety of practical lessons and assessments	A variety of practical lessons and assessments	Regular examination style assessment Extended writing incorporating subject specific and technical language Investigative and development work on pastry and sauces to include scientific knowledge	Practical assessment: make decisions about which techniques are appropriate based on their understanding of nutrition, food, different culinary traditions and cooking and food preparation content in order to achieve their intended outcome. They must be able to carry out these techniques safely and combine them into appealing meals whilst evaluating the results	Advanced projects Beginning Controlled Assessment Full GCSE Foundation/Higher Paper
	Homework	Revision – past GCSE questions	Revision – past GCSE questions	Revision – past GCSE questions	Revision – past GCSE questions	Revision – past GCSE questions	Revision – past GCSE questions
11	Unit Title/ Learning Focus	Specifications must require students to demonstrate and apply skills when planning, preparing, cooking and presenting a selection of recipes, modifying recipes, or creating new recipes, to meet particular requirements.	Consider the nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods, and portion sizes	Explain, justify and presentation of ideas for chosen recipes and cooking methods for a given audience. Calculate recipes, nutritional values, plan recipes, meals and special diets	The use of testing and sensory evaluation skills, adjusting where needed, to improve recipes during the preparation and cooking process .		
	Assessments	Completing controlled assessment and preparation for GCSE	PPE1 Completing controlled assessment and preparation for GCSE	Completing controlled assessment and preparation for GCSE	PPE2 Completed control assessment		
	Homework	Revision – past GCSE questions	Revision – past GCSE questions	Revision	Revision		