

| Long Term Departmental Planning Overview | | Subject: Food Preparation & Nutrition | | | | | |
|---|----------------------------|---|---|---|--|---|--|
| <p>Intention: The intent of the Food Preparation and Nutrition curriculum is that students will:</p> <ul style="list-style-type: none"> • Be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment. • Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks. • Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health • Understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices • Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food. • Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes. | | | | | | | |
| Year | Curriculum Title | HT1 topics | HT2 topics | HT3 topics | HT4 topics | HT5 topics | HT6 topics |
| 7 | The Eatwell Guide | Hygiene & safety in a kitchen; Food Groups; the Eatwell Guide; Balanced diets | Fruit & vegetables; Starchy Carbohydrates | Dairy foods; Protein foods (eggs) | Protein foods (meat, fish); fats | Sugars; food science investigation; how to write plans | End of year written exam; End of year practical assessment task; Evaluations |
| 8 | How Food Affects Your Mood | Feeding your brain. Water & hydration; sugar in drinks; energy theory (sugar v starch); Energy balance; | 8 tips for healthy eating; starchy carb foods; cereal crops; primary and secondary processing of wheat; pasta | Bread; function of ingredients; bread around the world; | Pizza; food science investigation; pastry; nutritional comparison of bread v pastry | Food packaging; food labelling; fairtrade | End of year written exam; End of year practical assessment task; Evaluations |
| 9 | The World on Your Plate | Traditional British foods; cultures & cuisines; factors affecting food choice | Genetically modified food; food miles; carbon footprint of food; food poverty; food | Nutrients & functions; factors affecting nutritional needs; nutritional | Vegetarian diets; Nutritional needs of vegetarians; sports nutrition; nutritional needs of | Adapting meals to make suitable for diets with religious beliefs (Hindu, Muslim, Jewish); | Dovetailed time plans; End of year practical assessment task; Evaluations |

| | | | | | | | |
|----|---|---|--|---|---|--|---|
| | | | wastage; sustainability | requirements of toddlers/children; | individuals with high energy requirements | end of year written exam | |
| 10 | Eduqas GCSE Food Preparation & Nutrition | Food commodity 1: Fruits & vegetables | Food commodity 2: Starchy carbohydrate foods | Food commodity 3: Dairy foods | Food commodity 4: Protein foods (meat, fish, eggs) | Food commodity 5: alternative proteins; Food commodity 6: Fats | Food commodity 7: sugars & syrups; Practice NEA1 style food investigation |
| 11 | | Functions of ingredients; sensory analysis; food science; start NEA1 task | Finish NEA1 task; high level practical skill practise; start NEA2 task (section A) | NEA2 task (finish section A, execute section B & start section C) | Finish NEA2 task; subject knowledge audit; food spoilage; effect of cooking on food; principles of nutrition; additives | Specific revision tailored to results of subject knowledge audit. | Written Exam |