

Subject: Food Preparation and Nutrition

Lead teacher: Mrs Buckingham

		Carousel 1					
Year 7	Topic	Healthy Eating, macro & micro nutrients, health and safety. Practicals - various products showing a variety of different making and cooking methods					
	Assessment and other key info (beyond book work)	End of carousel assessment					
Year 8	Topic	Eat well guide, Bread, functional properties of food, cooking methods. Practicals - Various products showing a variety of different making and cooking methods					
	Assessment and other key info (beyond book work)	End of carousel assessment					

Subject:
Exam Board:

Lead teacher:

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9	Topic	Eat well guide, nutrients, life stages, balanced meal - working out energy intake of different meals, specific groups and their dietary requirements	Menu planning, protein, carbohydrates, fats, cooking skills, Christmas cooking. Practicals will be based on improving skills and independency from KS3.	Carbohydrates continued, costing and nutrition of various products, time plans. Enhancing cooking skills.	Introduction of NEA 1 (non-exam assessment) worth 15% of their overall GCSE. First practice NEA on fats. Practicals will be based on investigations linked to fats.	Water soluble vitamins, fat soluble vitamins, water	Raising agents, environmental impact and sustainability, bacteria and cross contamination.
	Assessment and other key info (beyond book work)	End of unit assessment	End of unit assessment	End of unit assessment	End of unit assessment	Bi-weekly test. End of term assessments	Bi-weekly test. End of term assessments
Year 10	Topic	Sensory perception, health issues, water, how heat is transferred to food. All practicals will be completed without teacher demonstrating products. Students will/can use their own recipes linked to products studying. All must show a medium or a high level skill	Recapping on macro & micro nutrients. Making of Christmas cake using traditional decorating skills	Secondary stages of food processing. NEA 1 - second practice NEA 1 (first completed in year 9) on eggs. Practicals all based on investigations linked to eggs and their function.	Time plans, mise-en-place,. Linking time plan to completing 2 dishes in 1 hr 40 mins, practice for NEA 2 in year 11 (worth 35% of the overall GCSE). Technical developments linked to health and food production	Bacteria, sustainability and environmental issues	Preparing for year 11, recapping on what has been learnt this year - exam paper emphasis with 50% of the overall GCSE

