

KS3 Food Preparation and Nutrition

The Aim of KS3 Food Preparation and Nutrition is to ensure you;

- ✓ understand and apply the principles of nutrition and health
- ✓ cook a range of predominantly savoury dishes so that you are able to feed yourself and others a healthy and varied diet
- ✓ become competent in a range of cooking techniques understand the source, seasonality and characteristics of a broad range of ingredients

Start of Year 7

Hazard in the Kitchen

The Journey our Food take

The Eatwell Plate

Introduction to Food Prep and Nutrition

Practical lesson – Fruit Smoothie

Seasonality & Provenance

Heat Transfer methods

Carbohydrates & Cereals

Protein and Dairy

Hazard in the Kitchen

The Journey our Food take

Year 7



Practical lesson – Pizza Toast

Practical lesson – Pizza Toast

Practical Lesson – Pasta Salad

Practical Lesson – Cheese and Onion Omelette

Practical Lesson – Rock Buns

Year 8

Practical lesson – Tomato & Roasted Pepper Soup

Heat Transfer methods

Practical lesson – Spaghetti Bolognese

Practical lesson – Focaccia bread sticks

Practical Lesson – Scones

Customer Brief

Advanced Food Prep and Nutrition



Good & Bad Bacteria in the diet – The danger zone

Year 9

Practical Lesson – Minestrone Soup

Seasonality & multi-cultural influences on British diet

Kneading and Shaping Dough

Carbohydrates & Proteins

The danger Zone

Practical Lesson – Spanish Omelet

Seasonality & Provenance and its affect on food choice

Health Trends – Obesity, Veganism and Vegetarianism

Practical Lesson – Sweet and Sour chicken

Sources and Function of Macro-nutrients

Practical Lesson – Pizza

Heat Transfer Methods

Festival Foods - Food Prep and Nutrition

Next Steps: GCSE Food Preparation & Nutrition

Practical Lesson – Apple Crumble

Practical Lesson – Chicken Fajitas

Practical Lesson – Savoury Rice

My Food Preparation and Nutrition Learning Journey KS4

Name: _____ Form: _____

All students are given a target grade to meet expected progress. These target grades are based on their KS2 performance as reported on by their Primary schools.

Success is in students' hands; everyone has the potential to fulfil their personal targets. Students are encouraged to aim high and not to settle for less than the best, to listen to and act on the advice they are given and start thinking about their futures beyond year 11.

NEVER SETTLE FOR LESS THAN YOUR BEST.

There are 6 overarching concepts within Food Preparation and nutrition. All of your learning will link to one or more of these concepts.

Diet and good health

Examining the recommended daily intake allowances for a range of life stages, individuals with specific dietary needs and individuals with specific lifestyle needs to enable the planning of balanced diets for these differing individuals whilst investigating and calculating energy and nutritional values of recipes, meals and diets

Food Commodities

For each commodity learners will explore, the value of the commodity in the diet, features and characteristics including the working characteristics, the origins of each. You will also experiment with the commodities to explore physical and chemical changes that occur as a result of given actions, consider complementary actions of a commodity and prepare and cook dishes using commodities

Principles of Nutrition

Exploring the role of micro and macro-nutrients in human nutrition including their function, main sources, dietary reference values, malnutrition, recommended daily allowances and complementary actions

The Science of food

Exploring the theoretical and practical application of how preparation and cooking affects the sensory and nutritional properties of food. Undertaking experimental work to produce dishes by following or modifying recipes to investigate the working characteristics, functional and chemical properties of ingredients to achieve a particular result. In addition, investigating microbiological food safety principles when buying, storing, preparing and cooking food

Cooking and food preparation

Examining the factors that affect food choice for different individuals and groups of people and the information that is available to the consumer to help make informed decisions for a healthy balanced diet. Development of preparation and cooking techniques demonstrating a range of skills whilst developing recipes and meals to meet a specific nutritional need

Where food comes from

Exploring food provenance, food origins, food miles, sustainability of food and food security. Investigating the development of culinary traditions in British and international cuisines and the production processes used and the impacts of these processes on differing foods.

I'm heading here _____

GCSE Food Preparation and Nutrition Year 10

Year 10 – Teaches the key concepts discussed on the previous page through a focus on the individual commodities whilst practical lessons occur once per week to develop practical skills of cooking and preparation

Start of Year 10

Recap on Nutrition, food hygiene, safety and nutrition
Practical: Veg stir fry

Food provenance of commodity

Commodity processing
Practical: Pineapple upside down

Nutritional values
Practical: Cauliflower cheese

Fresh, Frozen, Including, Potatoes, Fruit and Vegetables, Including, Fried, Canned and Pickles

Enzymic browning and oxidation
Practical: Fresh fruit smoothie

Enzymic browning and oxidation experimentation

Planning, cooking and nutritional analysis for specific dietary considerations

provenance and processing and classification
Practical: Focaccia bread

Nutritional values and dietary considerations
Practical: Veg Samosa

Yeast experiment: Plan, Cook, Analyse

Nutritional values and Dietary considerations.
Practical: Thai fish cakes

Commodity experiment: egg meringues

Food hygiene and safety specific to commodity

Nutritional values and dietary considerations
Practical: Quiche

Experiment with UHT milk

Plan, cook, analyse – dietary considerations specific to commodity

Cereals (including flours, breakfast cereals, bread and pasta)

Food hygiene and safety specific to commodity

Rice milling and classification, other cereals
Practical: egg fried rice

Food Science: chemical and physical structure of cereal grains
Practical: Spinach and Ricotta ravioli

Plan, cook, analyse – dietary considerations specific to commodity

Food hygiene and safety specific to commodity

provenance and classification
Practical: Sweet & sour chicken

Meat, Fish, Poultry and Eggs

Food hygiene and safety specific to commodity

Butter, oils, margarine, sugar and syrups

provenance and processing and classification
Practical: Apple tarte tatin

Food Science: Denaturation and Coagulation of milk proteins
Practical: Custard

provenance.
Practical: Crème Brulee

Plan, cook, analyse – dietary considerations specific to commodity

Food Science: High risk foods, preservation
Practical: cooking different cuts of meat

Cofta

How this commodity is processed.
Practical: Lamb

Nutritional values and dietary considerations
Practical: French Dressing

provenance and processing
Practical: Veg & bean casserole

Food waste

NEA Mini Project

Next Steps: Reflect on the learning of this year to build upon in year 11

Soya, tofu, beans, nuts and seeds

Food Science: Plasticity, melting point & caramelisation
Practical: Croque Monsieur

Food hygiene and safety specific to commodity

Nutritional values and dietary considerations
Practical: meat oven

Food Spoilage

Cuisines & Cultures

GCSE Food Preparation and Nutrition Year 11

Year 11 builds on the knowledge and understanding gained in year 10 to focus on the NEA assessment 1 & 2.

Start of Year 11

Review year 10 Hinge Learning

Recap NEA key principles

Research Methods

Hypothesis setting

NEA Assessment 1

Plan of action

Complete the experiment

Write up of experiment

Analysis of results

Drawing conclusions

Referencing sources

Hypothesis setting

Complete the experiment

Analysis of results

Referencing sources

Analysis of brief & plan of action

Recap on planning diets, cultural foods

Drawing conclusions

Write up of experiment

Plan of action

Research Methods

NEA Assessment 1 Final

Recap key principles of NEA 21

NEA Assessment 2 Prep

Competitive Advantage and the Marketing Mix

Evaluation of NEA Assessment 2

Planning balanced diets

Calculating energy

Micro-Nutrients

Key Concepts Revision

NEA Assessment 2

Planning balanced diets

Calculating energy

Micro-Nutrients

Commodity 1 Fruit & Veg

Practical completion of NEA Assessment 2

Commodity 5 Butter, oils, margarine, sugar and syrup

Commodity 2 Cereals

Cuisines & cultures

Food Spoilage

Recipe trials

Requisitions

A-Level Business

L3 BTEC Enterprise

Alternative Level 3

Next Steps

Key Concept Revision

Macro-Nutrients

Commodity 3 Meat, fish, poultry and eggs

Commodity 4 Milk, cheese and yogurt

Commodity 6 Soya, tofu, beans, nuts and seeds

Food Waste

Exam Walk through