

Concepts	
Principles of Nutrition and Health	Understand and apply the principles of nutrition and health.
Cooking Techniques	To become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
Food Ingredients	Understand the source, seasonality and characteristics of a broad range of ingredients.

	Year 7	Year 8	Year 9
Learning	<p>During Year 7 there is a strong emphasis on developing a variety of basic practical skills and gaining an understanding of basic nutrition and personal hygiene.</p> <p>All the work the students undertake is based around the national guidelines for healthy eating and focuses on working hygienically and safely.</p>	<p>During Year 8, through more advanced practical skills and practical sessions, there is a focus on students understanding of basic scientific principles when preparing food.</p>	<p>All the work the students undertake is based around the national guidelines for healthy eating and focuses on working hygienically and safely. Advanced practical skills are practiced and refined. Students to engage with an array of culinary techniques, as well as knowledge of nutrition, Food science, food traditions and kitchen safety.</p>
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What is needed to master the knowledge	<p>To know how to minimise the chances of hazards causing injury or illness including knives in a working kitchen. To demonstrate the safe use of knives in practical lessons and learn the two cutting techniques to utilise in personal and working situations. Gain an understanding of a healthy diet through The Eatwell Guide and other government guidelines. To utilise knowledge around the areas of provenance and seasonality, understanding that different foods have been on different journeys before we as the consumer can purchase them. To know why we use different heat transfer methods whilst cooking, and gain skills of using the hob, cooker and grill.</p>	<p>Advance practical skills by carrying out practical lessons that require more than one pan or cooking method at a time. To gain new knowledge around food miles, organic farming and how this can determine which foods some consumers purchase. To look at how British cuisine has changed and International cuisines have had an influence on the foods that are eaten in Britain today. To gain practical skills that will be beneficial in the future. To revisit past learning the ensure pupils have knowledge retention.</p>	<p>To gain new knowledge in topic areas that will be beneficial to all pupils, especially in readiness for GCSE Food Preparation & Nutrition if this is selected as an option. To understand about raising agents in theory, before using them in practise. To understand the crucial topic of food waste and the ways in which we can waste less food to benefit humans and the environment. To look at how foods could look in the future with genetically modified foods, ethical food choices, plant based proteins and the reasons why we need to be more sustainable with food sources. To look at why some people have to follow special diets due to a range of different reasons.</p>

Common Misconceptions	The temperatures at which bacteria grows/is killed The difference between convection and conduction methods of heat transfer and their application in cooking food Categorising foods that are caught, grown and reared.		Different uses of raising agents in cooking (biological, chemical and mechanical). The differences between ethical and religious beliefs affecting food choice and dietary needs.
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