



Key Stage 2

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from

Key stage 2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

Term 1

Term 2

Term 3

Year 7

Rotation one (8 weeks)

THEORY

- Nutrition - Macro/ Micro Nutrients
- Hygiene and Safety- food hygiene / personal hygiene
- Washing up
- Obesity
- Eat well guide
- Important temperatures (danger zone)
- Faults in cake making
- Product analysis
- Evaluating
- Following recipes
- Measuring/Weighing ingredients
- Knife Skills
- Enzymic Browning

PRACTICAL

Fruit salad, fruit muffins, scone based pizza, mushroom risotto, shepherds pie and truffles.

Cultural Exposure:

- Discuss and cook different countries dishes like risotto and pizza.

Year 8

Rotation one (8 weeks)

THEORY

- Food Poisoning / Bacteria
- Risk Assessments
- Hygiene rules in a kitchen
- Equipment and the uses
- Literacy in Food Technology
- Cereals different types
- Types of contamination
- Starch in food
- Product analysis
- Evaluating
- Knife Skills
- Primary / Secondary Processing
- High risk foods
- Food Miles
- Flow Chart in cooking and recipe adaptation
- Organic farming and seasonality.

PRACTICAL

Cookies, tomato and basil tart, chilli con carne, scones, sweet and sour chicken, gingerbread and bread rolls.

Cultural Exposure:

- Different countries dishes discussed and cooked like sweet and sour chicken and chilli con carne.

Year 9

Rotation one (8 weeks)

THEORY

- Types of pastry
- Eggs and uses
- GCSE style task on raising agents
- Science of food (learn how to evaluate dishes in preparation for NEA 1 in Year 10
- Cultural dishes
- Ethics of food
- Religion and food choice
- Food packaging and carbon footprint
- Thickening agents
- Properties and types of flour
- Food allergies
- Product analysis
- Evaluating

PRACTICAL

Lasagne, fruit pie, chicken curry, jambalaya, cheesecake, tiffin and home made pizza.

Cultural Exposure:

- Different countries dishes discussed and cooked like pizza and Jambalaya

Year 10

Food Commodities

- origin
- uses characteristics
- nutritional values
- Principles of nutrition (Macro/Micro, trace elements, NSP, Water.
- Classifications of food

Practical - Nutrition

Soup, Quiche, Pasta Bake, Caesar salad and Fish Cakes

Diet and Good Health

- Energy Requirements (BMR, PAL, CHD)
- Calculate energy and nutritional values of meals

The science of food

The effect of cooking on food - why is food cooked, food spoilage, preservation. Raising agents, NEA 1 MOCK Practical (Food Science) – Chelsea Buns, Lemon tart, Victoria Sandwich Choux buns, Rough puff pastry, pasta and ragu.

Where food comes from

Food provenance, food miles, food manufacturing, packaging.

Cooking and food preparation

Factors effecting food choice, techniques, developing recipes, allergies, intolerances Food safety/ hygiene.

Practical – (high level skills)

chicken cacciatore, glazed fruit tart, jambalaya, lasagne, homemade Jam.

Cultural Exposure:

- Depending on task set by EDUQAS
- Food provenance
- Focus on cultural food
- NEA 2 Mock on street food around the world

Year 11

NEA 1 - 15 % of final grade

Science based task

EDUQAS provides task

Experiments, hypothesis, evaluations and practical.

NEA 2—35% final grade

EDUQAS provides tasks.

Revision from February. Covers all of the sections covered during year 10

Revision

Cultural Exposure:

- Depending on task set by EDUQAS