



Key Stage 2		Year 7	Year 8	Year 9	Year 10	Year 11
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	Rotation one (8 weeks) THEORY - Nutrition - Macro/ Micro Nutrients - Hygiene and Safety- food hygiene / personal hygiene - Washing up - Eat well guide - Important temperatures (danger zone) - Faults in cake making - Evaluating - Following recipes - Measuring/Weighing ingredients - Knife Skills - Enzymic Browning	Rotation one (8 weeks) THEORY - Food Poisoning / Bacteria - Hygiene rules in a kitchen - Equipment and the uses - Literacy in Food Technology - Cereals different types - Types of contamination - Starch in food - Evaluating - Knife Skills - Primary / Secondary Processing - High risk foods - Food Miles - Organic farming and seasonality.	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 - Evaluating	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	NEA 1 - 15 % of final grade Science based task EDUQAS provides task Experiments, hypothesis, evaluations and practical.
		Term 2	Term 2	Term 2	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.	NEA 2—35% final grade EDUQAS provides tasks. Revision from February. Covers all of the sections covered during year 10
	Term 3	Term 3	Term 3	Term 3	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.	Revision
		Cultural Exposure: - Discuss and cook different country's dishes. - Future chef competition.	Cultural Exposure: - Different country's dishes. - Future chef competition.	Cultural Exposure: - Different country's dishes. - Future chef competition. - Religious diets.	Cultural Exposure: - Depending on task set by EDUQAS - Food provenance - Focus on cultural food - NEA 2 Mock on street food around the world	Cultural Exposure: Depending on task set by EDUQAS