



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	PRACTICAL Fruit salad, fruit muffins, scone based pizza, crumble and truffles.	PRACTICAL Tomato and basil tart, chilli con carne, scones, sweet and sour chicken, gingerbread, soup and bread rolls.	PRACTICAL Lasagne, fruit pie, chicken curry, jambalaya, tiffin and home made pizza.	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.
	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.
			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