



Enrichment and Personal Development		Links to Careers in Food & Nutrition	Catholicity in the Curriculum
Year 7	- Sustainability, the environment, social, moral and cultural issues, food provenance (knowing where food comes from), recycling (the four Rs), cooking from scratch using local, seasonal produce. - Food provenance (knowing where food comes from), recycling (the four Rs). - Cooking from scratch using local seasonal produce. - Future chef competition - Baking club	- Pupils will have exposure to industrial skills and knowledge and be able to cook and evaluate to a working kitchen standard. - Pupils will know how to present, taste, cook and analysis dishes to meet requirements. - Pupils will have some awareness of possible job prospects in the hospitality and food industry. - Pupils will be taught how to cook and apply the principles of nutrition and healthy eating. 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.	- Dignity: Pupils study the 'Eat Well' guide in order to learn how to look after their bodies considering all the different nutrients. - Dignity: Pupils understand food safety and the need to ensure the food they cook is safe to eat. - Creation and the Environment: Pupils learn about sustainability in the food industry considering the impact of our actions on future generations. - Creation and the Environment and Option for the Poor: Pupils learn to reduce food waste and consider the importance of food banks in the local community.
Year 8			- Creation and the Environment and Option for the Poor: Pupils consider the importance of using ingredients that are seasonal and the carbon footprint of fruit and vegetables. - Creation and the Environment, Option for the Poor and The Dignity of Work and Participation: Pupils study the impact of plastic packaging and the benefits of using Fairtrade. - Creation and The Environment and Option for the Poor: Pupils reflect on food security and in order to ensure there is enough safe and nutritious food for everyone in the world. - Dignity and The Common Good: Pupils learn how to keep themselves and others safe through washing hands in order to avoid e-coli and food poisoning bacteria.
Year 9			- Dignity: Pupils study religion and dietary requirements, learning to respect one another and different beliefs. - Creation and the Environment, Option for the Poor and the Common Good: Pupils reflect on the reasons for becoming vegetarian or vegan. - Dignity and The Common Good: Pupils understand how intolerance and food allergies can affect your way of life and the need to ensure all people are safe.
Year 10	- Social influences, cultural food, ethical factors, environmental concerns. - The science of food and the effects cooking has on food. - Food manufacturing and packaging. - Recipe adaptation and food safety.	- Pupils will have to cook and present high level industry quality food also using sensory and nutritional analysis and use industry equipment. - Pupils have guest chefs coming into school and visits to places like catering colleges	- Dignity and The Common Good: Pupils understand food safety in order to ensure the food they cook is safe to eat eg considering the dangers of contamination. - Dignity and The Common Good: Pupils understand how food and ingredients can have a positive impact on mental health. - Creation and the Environment, Option for the Poor and Solidarity: Pupils learn about sustainability, food security, food miles, food waste, seasonal food and GM / organic food considering the impact our actions have on others and the world. - Work and Participation: Pupils study the positive impact of using Fairtrade ingredients. - Creation and the Environment: Pupils appreciate the science of food and the qualities the natural ingredients have. - Creation and the Environment: Pupils learn to appreciate different types of food available to us.
Year 11			



Key areas of focus
in this unit of
work



Subject specific
knowledge



Assessment
(including both
formative and
summative)



Interdisciplinary Learning



Progression of
learning

Food Department

Year 7, 8 and 9 Curriculum Plan



Year 7	Year 8	Year 9
Carousel-8 Weeks Nutrition	Carousel-8 Weeks Food Safety	Carousel-8 Weeks High Level Skills/Food Provenance
Introducing Food Preparation and Nutrition, practically, developing basic skills safely. Becoming familiar with rules, kitchen and equipment. Understand the basis of healthy eating, using the principles of the Eatwell guide and five a day. Pupils will also learn about the basics of sustainability within the food industry. - Knife skills (claw and bridge grip) - Product analysis - Scone based dough - Following a recipe - Washing up - Nutrition - Cake making and faults in cakes - Five dishes prepared - fruit salad, scone based pizza, fruit crumble, dutch apple cake (loaf), chocolate truffles	Building on skills developed in Year 7. Practically, more challenging skills are applied including using high risk foods safely. They will be expected to apply the basics of nutrition to different foods and groups. Pupils will complete mini experiments, based on food science. - Pastry making - Working with high risk foods - Food miles - Food poisoning/ bacteria - Cooking with starch - Cereals - Food Provenance - Six dishes prepared - chilli con carne, tomato and basil tart, sweet and sour chicken, scones, tomato soup and bread rolls, chocolate fudge pudding	More advanced Food and Nutrition knowledge, building on the elements that were covered in Year 8. A focus is on high level skills including pastry making, dough and starch based sauces. All elements will be more challenging than those in Year 8. GCSE style tasks throughout including NEA one science mock. - Cultural food - Ethics in food - Religion and food choice - Science of food - Working with eggs - Six dishes prepared - lasagne, fruit pie, chicken curry, pizza, jambalaya, chocolate sandwich cake
Summative: Base line and end of unit test. Final assessment of practical work based on overall mark focusing on three practical dishes. Formative: Sustainability	Summative: tests and quizzes each lesson. Base line and end of unit test Final assessment of practical work based on overall mark focusing on three practical dishes. Formative: Food miles	Summative: tests and quizzes each lesson. Base line and end of unit test Final assessment of practical work based on overall mark focusing on three practical dishes. Formative: Ethics
Maths: Pupils measure and weigh ingredients for dishes English: Pupils learn key words and evaluate dishes including questioning Science: Pupils learn about enzymic browning and temperatures Physical Education: Pupils learn about nutrition and how effects the body.	English: Pupils learn literacy in food including spellings Maths: Pupils measure and weigh ingredients for dishes RE: Pupils learn about food miles and seasonality French: Pupils learn about La Chandelier lesson taught in French Science: Pupils learn about starch and cereals	Science: Raising agents and NEA 1 mock task Maths: Pupils measure and weigh ingredients for dishes Religious education- Pupils learn about food ethics and religion and food choice. Product Design: Pupils learn about product analysis French: Pupils learn about food terminology , most food words are French Geography: Pupils learn about food provenance- where food comes from
Pupils in Year 7 are introduced to cooking and nutrition, enabling them to understand how dishes are made from scratch. Pupils begin to develop their skills, being able to understand why certain commodities go in dishes and evaluate effectively. Basic knife skills as well using the equipment safely. All of these skills will be built upon in Year 8 and Year 9. Dishes made - Fruit salad (knife skills), scone based pizza dough, truffles and muffins.	Pupils in Year 8 will be expected to apply the skills and knowledge learnt in Year 8. Pupils will continue to develop their cooking skills, be able to show their skills effectively with reference to correct terminologies. Their practical skills and confidence in the kitchen will develop and pupils will be expected to learn new skills as well as enhancing old skills. Dishes made - Chilli (knife skills), bread rolls (dough), tomato soup, sweet and sour (starch based sauce), tomato and basil tart (short crust pastry) chocolate fudge pudding.	Pupils in Year 9, will be expected to apply the skills and knowledge learnt in year 7 and Year 8 to this project. Pupils will continue to develop their cooking skills, be able to show their skills effectively. Their practical skills and confidence in the kitchen will further develop and pupils will be expected recall practical skills from both Year 7 and Year 8 effectively so to be ready for KS4. Dishes made - Lasagne (starch based source), pizza (dough), fruit pie (sweet pastry), Jambalaya, chicken curry.



Food Department

7B4, 8B4 and 9B4 Curriculum Plan



Year 7	Year 8	Year 9
Carousel-8 Weeks Nutrition	Carousel-8 Weeks Food Safety	Carousel-8 Weeks High level skills/Food provenance
Introducing Food Preparation and Nutrition, practically, developing basic skills safely. Becoming familiar with rules, kitchen and equipment. Understand the basis of healthy eating, using the principles of the Eatwell guide and five a day. Pupils will also learn about the basics of sustainability within the food industry. All instructions are dual coded.	Building on skills developed in Year 7. Practically, more challenging skills are applied including using high risk foods safely. They will be expected to apply the basics of nutrition to different foods and groups. Pupils will complete mini experiments, based on food science.	More advanced Food and Nutrition knowledge, building on the elements that were covered in Year 8. A focus is on high level skills including pastry making, dough and starch based sauces. All elements will be more challenging than those in Year 8. Pupils complete a project based on the Hospitality and Catering qualification they may pursue in Key Stage 4.
- Knife skills (claw and bridge grip) - Product analysis - Following a recipe - Washing up - Nutrition - Cake making and faults in cakes - Further development of knife skills (including different vegetable and fruit cuts) - Individual recipe cards and methods are provided - Pre teach vocabulary: senses, bain marie, creaming, coeliac, enzymic, browning, gluten, lactose, food provenance, seasonal	- Year 7 retrieval - Pastry making - Working with high risk foods - Food miles - Food poisoning/ bacteria - Cooking with starch - Cereals - Food Provenance - Year 7 retrieval - Pre teach vocabulary: bacteria, pathogen, starch, food provenance - Six dishes prepared - chilli con carne, tomato and basil tart, sweet and sour chicken, scones, tomato soup and bread rolls, chocolate fudge pudding	- Cultural food - Ethics in food - Religion and food choice - Working with eggs - Menu planning - Pre teach vocabulary: cultural, ethics, bechamel, menu, a la carte - Six dishes prepared - lasagne, fruit pie, chicken curry, pizza, jambalaya, chocolate sandwich cake
Summative: Base line and end of unit test.	Summative: Base line and end of unit test	Summative: Base line and end of unit test
Final assessment of practical work based on overall mark focusing on three practical dishes.	Final assessment of practical work based on overall mark focusing on three practical dishes.	Final assessment of practical work based on overall mark focusing on three practical dishes.
Sustainability - key words are provided with advanced planning	Food miles - key words are provided with advanced planning	Ethics - key words are provided with advanced planning
Maths: Pupils measure and weigh ingredients for dishes English: Pupils learn key words and evaluate dishes including questioning Science: Pupils learn about enzymic browning and temperatures Physical Education: Pupils learn about nutrition and how effects the body.	English: Pupils learn literacy in food including spellings and evaluative comments Maths: Pupils measure and weigh ingredients for dishes RE: Pupils learn about food miles and seasonality French: Pupils learn about La Chateaufort lesson taught in French Science: Pupils learn about starch and cereals	Maths: Pupils measure and weigh ingredients for dishes Religious education- Pupils learn about food ethics and religion and food choice. Product Design: Pupils learn about product analysis French: Pupils learn about food terminology , most food words are French Geography: Pupils learn about food provenance- where food comes from RE: Religious diets
Pupils in Year 7 are introduced to cooking and nutrition, enabling them to understand how dishes are made from scratch. Pupils begin to develop their skills, being able to understand why certain commodities go in dishes and evaluate effectively. Basic knife skills as well using the equipment safely. All of these skills will be built upon in Year 8 and Year 9. Dishes made - Fruit salad (knife skills), truffles and muffins, layered pasta salad.	Pupils in Year 8 will be expected to apply the skills and knowledge learnt in Year 7. Pupils will continue to develop their cooking skills, be able to show their skills effectively with reference to correct terminologies. Their practical skills and confidence in the kitchen will develop and pupils will be expected to learn new skills as well as enhancing old skills. Dishes made - Chilli (knife skills), bread rolls (dough), tomato soup, sweet and sour (starch based sauce), tomato and basil tart (short crust pastry) chocolate fudge pudding.	Pupils in Year 9, will be expected to apply the skills and knowledge learnt in year 7 and Year 8 to this project. Pupils will continue to develop their cooking skills, be able to show their skills effectively. Their practical skills and confidence in the kitchen will further develop and pupils will be expected recall practical skills from both Year 7 and Year 8 effectively so to be ready for KS4. Dishes made - Lasagne (starch based source), pizza (dough), fruit pie (sweet pastry), Jambalaya, chicken curry.





Food Department Year 10 Curriculum Plan



Holy Cross
CATHOLIC HIGH SCHOOL

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Food Choice	Food Nutrition and Health	Food Science	Food Safety	Food Provenance	Nutritional needs
Food Commodities, classifications, origin uses and characteristics nutritional values, eat well guide. Practicals including soup, pasta bolognese, fish cakes and quiche lorraine.	Principles of nutrition (Macro/ Micro) trace elements, NSP, Water. Classifications of food. Practicals include, shepherds pie, swiss roll, chicken ceasar salad.	The science of food, the effect of cooking on food. Why is food cooked? Food spoilage, preservation. Raising agents. Practicals include victoria sandwich, bread, choux buns, fresh pasta.	Food poisoning, bacteria, NEA 1 MOCK Practical (Food Science)mini project, learn to do hypothesis, evaluation and set up experiment. Practical according to NEA Mock.	Where food comes from, food miles, food packaging, food security, seasonal food, local foods, high risk foods. Practicals include cornish pasties, chicken cacciatore, pate sucree.	Cooking and food preparation. Factors affecting food choice, techniques, developing recipes, allergies, intolerances Food safety/ hygiene. NEA 2 Mock . Dishes according to Mock.
- Advanced knife skills - Product analysis - Filleting fish - Following a recipe - High risk food - Making pastry	- Advanced knife skills - Deboning chicken - Creaming method - Following a recipe - Enriched sauce making - Decorating skills	- Cake making - Making pastry - Making pasta dough - Making fresh bread - Understanding science in food	- Understanding why Ingredients are in dishes - Using specialist equipment - Weighing and measuring accurately - Cooking methods	- Making pastry - Working with high risk foods - Making high level sauces - Understanding where food comes from	- Making high level dishes to a high level standard - Advanced decorating techniques - Recipe adaptation - Following a GCSE mock task - Food styling
Summative: End of unit test and exam questions each lesson. Practical work assessed every two weeks.. Formative: Command marking, verbal feedback, live marking, modelling and redrafting.	Summative: End of unit test and exam questions each lesson. Practical work assessed every two weeks. Formative: Command marking, verbal feedback, live marking, modelling and redrafting.	Summative: End of unit test and exam questions each lesson. Practical work assessed every two weeks.. Formative: Command marking, verbal feedback, live marking, modelling and redrafting.	Summative: End of unit test (food safety) and exam questions each lesson. Practical work assessed every two weeks. Formative: Command marking, verbal feedback, live marking, modelling and redrafting.	Summative: End of unit test and exam questions each lesson. Practical work assessed every two weeks.. Formative: Command marking, verbal feedback, live marking, modelling and redrafting.	Summative: End of unit test and exam questions each lesson. Practical work assessed every two weeks.. Formative: Command marking, verbal feedback, live marking, modelling and redrafting.
English: Key words glossary every lesson, assessments	Science: Pupils learn all about the science of food and what happens to food when you cook it scientifically English: Key words glossary every lesson, assessments		English: Key words glossary every lesson, assessments	RE: Pupils learn about sustainability, provenance, security and food waste English: Key words glossary every lesson, assessments	PE: Pupils learn about diet and good health including nutrition English: Key words glossary every lesson, assessments
Pupils will be able to use the skills and knowledge learnt in KS3 and apply them to both practical and theory tasks. This will be beneficial heading into Year 11 with their NEA 1 and NEA 2 with the high level cooking.	Substantive and disciplinary knowledge relating to specific topics (see above) Hinterland knowledge in relation to SMSC issues, disciplinary literacy relating to the subject area that is essential in NEA and exams, developing schema to link new topics and KS3 topics together.	Pupils will be able to apply their knowledge learnt in term 1 to their mock NEA 1. Pupils will be able to analyse a task, develop skills, analyse, develop innovative and imaginative ideas that relate to their task with experiments, hypothesis and evaluations. This will help in Year 11 when NEA 1 is issued.	Pupils will be able to apply their knowledge learnt in term one to their mock NEA 2. Pupils will be able to develop an idea, explore methods and techniques, identify correct tools and processes and analyse the task. This will help in Year 11 when NEA 2 is issued.	Pupils will be able to apply their knowledge learnt in term one to their mock NEA 2. Pupils will be able to complete a project and complete high-level dishes, evaluations suitable for the task given. The practical skills learnt will help with NEA 2 next year and into KS5.	Pupils will be able to apply their knowledge they have learnt in theory and practical going forward into their NEA 1 GCSE in September. All of the theory learnt will be beneficial for their exams in Year 11 and into KS5.



Year
11





Food Department Year 11 Curriculum Plan



Holy Cross
CATHOLIC HIGH SCHOOL



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
NEA 1	NEA 1	NEA 2	NEA 2	GCSE Revision
NEA 1 (15% of final grade) Food investigation task. Section A: Research - Complete the task analysis diagram - Chose six topics for research. Carry out research	NEA1 (15% of final grade) Complete section B and C. Investigations and evaluations. Hypothesis, experiments and evaluation of research and practical.	NEA 2 (35% of final grade) Food preparation task. Section A- Research, analyse task, plan dishes, trial dishes.	NEA 2 (35% of final grade) Make final menu based on task, analyse and evaluate including costings and nutritional analysis.	Focus on revision in preparation for GCSE exam. This will form 50% of the final grade. All content will have been covered throughout the GCSE course so recall, retrieval and the ability to use knowledge and apply to exam style question.
- Investigation (primary and secondary data) - Following a task given - Complete mini project on task - Hypothesis - Plan experiments	- Communication of design ideas - Product analysis - Selection of equipment, and ingredients that relates to the task - Complete experiments	- Investigation relevant to task (primary and secondary data) - Plan dishes/menus - Give reasons for choice	- Cooking methods - Using specialist equipment - Weighing and measuring accurately - High level presentation skills	- Food choice - Environmental issues - Food provenance (food miles, GM food, seasonality) - Food safety (poisoning, bacteria) - Commodities - Food science
Summative: Quizzes each lesson. Ongoing assessment of practical work based on acquisition and application of skills and knowledge	Summative: Quizzes each lesson. Ongoing assessment of practical work based on acquisition and application of skills and knowledge	Summative: Quizzes each lesson. Ongoing assessment of practical work based on acquisition and application of skills and knowledge	Summative: Quizzes each lesson. Ongoing assessment of practical work based on acquisition and application of skills and knowledge	Summative: Quizzes and exam style questions each lesson. Formative: Command marking, verbal feedback, live marking, modelling and redrafting.
Maths: Pupils measure and weigh ingredients for dishes PE: Pupil learn about diet and good health including nutrition Science: Pupils learn all about the science of food and what happens to food when you cook it scientifically English: Key words glossary every lesson, assessments RE: Pupils learn about sustainability, provenance, security and food waste	Maths: Pupils measure and weigh ingredients for dishes PE: Pupil learn about diet and good health including nutrition Science: Pupils learn all about the science of food and what happens to food when you cook it scientifically English: Key words glossary every lesson, assessments RE: Pupils learn about sustainability, provenance, security and food waste	Maths: Pupils measure and weigh ingredients for dishes PE: Pupil learn about diet and good health including nutrition Science: Pupils learn all about the science of food and what happens to food when you cook it scientifically English: Key words glossary every lesson, assessments RE: Pupils learn about sustainability, provenance, security and food waste	Maths: Pupils measure and weigh ingredients for dishes PE: Pupil learn about diet and good health including nutrition Science: Pupils learn all about the science of food and what happens to food when you cook it scientifically English: Key words glossary every lesson, assessments RE: Pupils learn about sustainability, provenance, security and food waste	Maths: Pupils measure and weigh ingredients for dishes PE: Pupil learn about diet and good health including nutrition Science: Pupils learn all about the science of food and what happens to food when you cook it scientifically English: Key words glossary every lesson, assessments RE: Pupils learn about sustainability, provenance, security and food waste
Pupils will be able to apply their component knowledge learnt in during Year 10 to their NEA 1. Pupils will be able to analyse a task, set up an experiment, complete sensory analysis, hypothesis and evaluate, which will give pupils excellent knowledge leading into KS5.	Pupils will be able to apply their component knowledge learnt in during Year 10 to their NEA 1. Pupils will be able to analyse a task, set up an experiment, complete sensory analysis, hypothesis and evaluate.	Pupils will be able to apply their component knowledge learnt in during Year 10 to their NEA 2. Pupils will be able to analyse a task, complete a project , cook high level dishes that relate to their task. These skills will also be useful in KS5 and as a life skill.	Pupils will be able to apply their component knowledge learnt in during Year 10 to their NEA 2, including sensory analysis and being able to evaluate to a high standard.	Substantive and disciplinary knowledge relating to specific topics (see above) Hinterland knowledge in relation to SMSC issues, disciplinary literacy relating to the subject area that is essential for exam success. Building schema to link topics together.

