



KS3 FOOD CURRICULUM MAP

FURTHER STUDY

CAREER PATHS

SKILLS

KS4 Food and Nutrition

Chef, Catering, Hospitality, Dietitian

Creative production and design, evaluation

Assessment: practical production – carrot cake, soda bread

Design task

Assessment: end of rotation assessment on the knowledge covered in this rotation

Designing and Developing Dishes

- design and decoration
- vitamins
- minerals
- protein
- carbohydrates
- sustainability
- food waste

Specific Nutritional Needs

- understanding of function, sources, deficiency and excess
- modifying recipes to meet specific dietary needs
- different ingredients from different cultures



Assessment: target group food planning and design

Practical assessment: chocolate mousse

Transition and Consolidation from Year 7 and 8

- food preparation and production
- principles of design
- skilled use of equipment
- macro-nutrients
- micro-nutrients



Assessment: pastry production

Pastry

- different pastry types
- doughs
- pastry ingredients
- raising agents
- food preparation
- food production

Design

- plan and design a dish for a specific purpose
- target groups
- food preparation
- decorative techniques
- use of flavours
- uniformity

Assessment: practical production – light lunch

Assessment: end of rotation assessment on the knowledge covered in this rotation

Healthy Eating

- food types
- cooking methods
- design a dish
- temperature control
- portion control
- understanding and applying the eat-well guides
- nutrition values
- seasonal foods

Cook Confidently

- combining ingredients
- weigh and measure
- prepare ingredients and equipment
- select and adjust cooking times
- judge and modify



Transition and Consolidation from Year 7

- food types
- hygiene and safety
- healthy eating
- sustainability
- Fairtrade ingredients

Assessment: end of rotation assessment on the knowledge covered in this rotation

Assessment: practical assessment for focaccia

Applying the Principles of Nutrition

- understanding hygiene and safety
- knife skills
- temperature control
- preparing fruit and vegetables
- using equipment



Assessment: practical assessments covering the production of scones, bread rolls, layered salad and burgers

Assessment: baseline test establishing prior knowledge, learning and experiences

FOOD SKILL

Weighing and Measuring

FOOD SKILL

Nutrition Analysis

FOOD SKILL

Evaluation

FOOD SKILL

Preparation and Production



KS4 FOOD CURRICULUM MAP

FURTHER STUDY

CAREER PATHS

SKILLS

Level 3 Food Hygiene
Level 3 Food Safety
Level 3 Food Science
and Nutrition

Chef, Catering,
Hospitality

Creative production
and design,
evaluation

Assessment: Research investigation, analysis and evaluation, researching the task, demonstrating technical skills, planning for the final menu, making the final dishes analyse & evaluate

Assessment: Theory written assessments on environmental impact and sustainability of food, food production and processing

Revision and Examination Practice

NEA COURSEWORK UNITS 1 AND 2

- food investigation
- food preparation
- apply knowledge and understanding of nutrition, food, cooking and preparation
- plan, prepare, cook and present dishes, combining appropriate techniques
- analyse and evaluate different aspects of nutrition, food, cooking and preparation of food

FOOD PROVENANCE

- environmental impact and sustainability of food
- food production and processing
- environmental issues associated with food - seasonal, sustainability, transportation, organic, waste and carbon footprint
- the impact of food and food security on local and global markets and communities
- food, population and sustainability

Assessment: practical food production

Assessment: theory written assessments on the principles of food safety, food spoilage and contamination

FOOD SCIENCE

- cooking of food and heat transfer
- functional and chemical properties of food
- selecting appropriate cooking methods
- functional and chemical properties of food - protein, carbohydrates, fats and oils, fruits and vegetables and raising agents
- understanding of the scientific principles underlying the properties when preparing and cooking food

FOOD SAFETY

- principles of food safety
- food spoilage and contamination
- microorganisms and enzymes
- the signs of food spoilage
- different sources of bacterial contamination

Assessment: practical food production

FOOD CHOICE

- factors affecting food choice
- British and international cuisine
- sensory analysis
- food labelling and marketing
- food choices related to religion, culture, ethical and moral beliefs and medical conditions

Assessment: Theory written assessments on factors affecting food choice

British and international cuisine, sensory analysis, food labelling and marketing

Assessment: practical food production

FOOD NUTRITION AND HEALTH

- macronutrients – fats, proteins, carbohydrates
- micronutrients – vitamins and minerals
- nutritional needs and health
- making informed choices for a varied and balanced diet
- energy balance
- planning and modifying recipes

YEAR 10

Assessment: theory written assessments on cooking of food and heat transfer, functional and chemical properties of food

Assessment: practical food production

Assessment: theory written assessments on micronutrients nutritional needs and health

FOOD SKILL

Weighing and Measuring

FOOD SKILL

Nutrition Analysis

FOOD SKILL

Evaluation

FOOD SKILL

Preparation and Production