

Curriculum Intent

Food Preparation and Nutrition welcomes all levels of chefs in year 7 with the aim to nurture and encourage a love of food and cooking, developing their technical and practical knowledge and understanding.

We will provide students with technical skills knowledge and encourage them to develop lifelong skills enabling them to create; balanced, healthy and nutritious dishes.

Additionally, Students will gain the skills needed to successfully adapt dishes enabling them to make healthier choices, alter dishes for different dietary needs as well as understanding flavours and cooking methods from different cuisines further reinforcing our international

Term 1 | Microorganisms and Enzymes

Students will learn:-

- The growth conditions for microorganisms and enzymes and the control of food spoilage.
- High risk foods.

How is homework used to enhance learning?

- Students are guided through the use of effective cleaning.
- Booklet and activity work in lesson.
- BBC Bitesize.
- Home experiments.
- Jamie Oliver's home schooling.

How will we assess impact?

- Assessment in booklets.
- Health and safety quiz.
- Peer and self assessment.
- Practical assessments.

Knowledge, understanding & Skills

- Kitchen safety, how to remain safe in industrial kitchens and at home. - refresher
- How to behave when cooking to look after ourselves and others in a dangerous environment. – refresher.
- Focus on good bacteria and how we use it to create foods i.e yoghurt. Pathogenic bacteria and how they spread.
- How bacteria grows and the conditions in which it likes to do so. i.e. ph level, warmth etc.
- Safe food storage and handling.
- High risk and low risk foods.
- Food storage and how it impacts bacteria growth.

What does excellence look like?

- Students display a professional nature in the food rooms and are actively looking for potential hazards when in the rooms and cooking.
- Students can explain how bacteria grows and implement safety to precautions to reduce the rate of growth independently.
- Identifying correct chopping boards for different food products to avoid cross contamination.
- Students store their food correctly in practical lessons.
- Students can identify potential food storage hazards and know if and when bacteria growth is more likely.

Term 2 | British and International Cuisine

Students will learn about:-

- Food products from British tradition and two different cuisines.
- Schools or colleges/students can select different cuisines to study
- Cuisine is defined as: 'a style characteristic of a particular country or region where the cuisine has developed historically using distinctive ingredients, specific preparation and cooking methods or equipment, and presentation or serving techniques.

Knowledge, understanding & Skills

Distinctive features and characteristics of cooking

- equipment and cooking methods used
- eating patterns
- presentation styles
- traditional and modern variations of recipes.
 - Learn new equipment and machinery.
 - Learn new herbs and spices that they may have never used before.
- Adapt recipes in order to fit within the recommended daily amounts – Eat well plate.
- Apply understanding cooking methods to successfully create new dishes.
- Apply and analyse food based on their sensory quality.



What does excellence look like?

Skills

Proportioning skills – using maths in practical situations.

Using a knife safely

- Chopping
- Dicing
- Juliennening

Using a cooker

- Hob – Boiling
- Hob – Frying
- Oven – Roasting
- Oven – Baking

Measuring

- Using a measuring jug
- Scales
- TSP – TBSP

Using new equipment

- Tongs
- Masher
- Cookie cutters
- Palette knife
- Spatula
- Garlic crush

How will we assess impact?

Same as above.

Y8 theory assessment/ Exam

Y8 Practical skills assessment.

How is homework used to enhance learning?

Students work from a booklet that includes quiz's, activities, exemplars.

Students are provided graded exemplars for most activities.

Students are provided assessment criteria's for assessment activities in booklets.

Providing demonstrations of new skills and use of new equipment i.e. Wok, pasta machine etc.

- H/W – further research (developing research and extended writing skills) on a cuisine or their choice.



Term 3 | Buying and Storing Food

Knowledge, understanding & Skills

Continuation of cooking practical's.

Students understand the importance of food labelling. Uk legislation and legal requirements.

Entering into conversations about Dietary requirements, intolerances, religions, allergies etc.

Students focus on food storage and preservation methods making links to bacterial growth and reducing the rate of growth.

Students display an understanding of the dangers of bacteria and outcome of consumption. Students learn to identify the different methods, signs of bacterial growth in order to remain well and healthy.



Students will learn about:-

- The food safety principles when buying and storing food.
- Enzymic action
- Mould growth
- Yeast action
- How information about food available to the consumer, including labelling and marketing, influences food choice.

What does excellence look like?

As above.

- Information identification when looking at food packaging.
- Correct storage of food items.
- Students can identify sensory markers of food spoilage.

How is homework used to enhance learning?

H/W – Includes trying new foods at home and trying to identify the different components.

Students to research different cuisines within both their immediate and extended family. Students to see how many new dishes they can make.

How will we assess impact?

As term one

Y8 Practical skills assessment

International Opportunities

Visits Programmes

Dinard French market

Rennes gourmande (guided tour) – food related visit

Les Halles.

La Camargue – Rice culture.

Le moulin à l'huile – talk about how to make olive oil – oil making mill.

Toledo - buffet lunch in local restaurant

González Byass – Winery

Arcos - visit to El Rancho Cortesano (Bee/Honey Museum) - workshop

Within the curriculum

- Theme is multicultural cuisine from around the World.
- Practical dishes include, Spiced Chickpea Burgers, Ratatouille, Chinese Stir-fry, Quesadillas, French Roll-ups, Sag-Aloo and French Crepes.
- Learn about fusion cuisine, combining typical ingredients and cooking methods from a variety of countries.
- Learn about French cuisine, including how to say different foods in the spoken language.
- Learn how to make pasta from scratch.