

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 including “bread contamination”.
- Jamie Oliver’s home schooling.

How will we assess impact?

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

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.

Knowledge, understanding & Skills

- Kitchen safety, how to remain safe in industrial kitchens and at home.
- How to behave when cooking to look after ourselves and others in a dangerous environment.
- How bacteria grows and methods to prevent/reduce the contamination of food.
- How bacteria grows and the conditions in which it likes to do so.
- The importance of self-hygiene when dealing with food.
- Safe food storage and handling.
- High risk and low risk foods.



Term 2 | Macronutrients

Students will learn about:-

- Protein
- Carbohydrates
- Fats
- Vitamins
- Minerals
- The importance of hydration and the functions of water in the diet.

Knowledge, understanding & Skills

The eat well plate.

Government guidelines and using maths to work out the ratios and percentages of what a healthy diet looks like.

- The function of different **Macronutrients**
- Protein
- Carbohydrates
- Fat
- The function of different **Micronutrients**
- Vitamins
- Minerals

What does excellence look like?

- Skills**
 Proportioning skills – using maths in practical situations.
 Using a knife safely
- Chopping
 - Dicing
 - Julienning
- 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.

Y7 theory assessment/ Exam

Y7 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 activities.
- Students are provided assessment criteria's for assessment activities in booklets.
- Students are provided with practical demonstrations and support material in practical situations.

H/W – further research (developing research and extended writing skills) on Vitamin C



Term 3 | Making informed choices for a varied and balanced diet

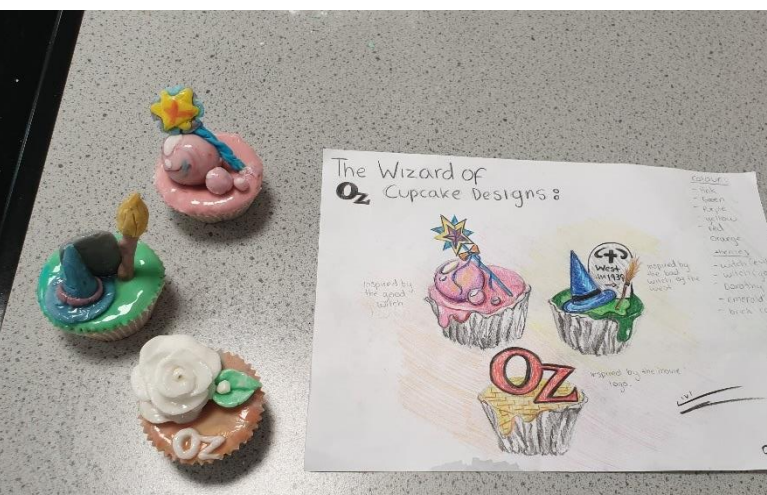
Students will learn about:-

- the current guidelines for a healthy diet.
- Portion size and costing when meal planning.
- How peoples' nutritional needs change and how to plan a balanced diet for different life stages.
- How to plan a balanced meal for specific dietary groups.
- How to maintain a healthy body weight throughout life.

Sensory Evaluation

- Sensory testing methods

How taste receptors and olfactory systems work when tasting food



Knowledge, understanding & Skills

- 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?

- Sensory analysis
- Objective reflection
- Sensory based adaptation.

Continue to build upon the above skills

How is homework used to enhance learning?

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

How will we assess impact?

Same as above.

Y7 theory assessment/ Exam

Y7 Practical skills assessment

International Opportunities

Visits Programmes

- Beussent Chocolate factory.
- Introduction to machinery.
- Chocolate manufacturing demonstration- food tasting.
- Pancake making in the chateau.
- Bakery visit and tasting – Boulangerie Escoeuilles.
- First World War biscuit making.

Within the curriculum

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