

**Kings Curriculum Map**  
**Food, Nutrition and Preparation**

	<b>Autumn Term</b>	<b>Spring Term</b>	<b>Summer Term</b>
<b>Year 9</b>	<p><b>Healthy Eating &amp; Nutrition/ How to reduce fat, salt, sugar and increase fibre?</b></p> <p><u>Skills</u></p> <p>Critical evaluation skills Analysis Sensory testing Knife Skills Adapting recipes to suit nutritional guidelines General practical skills Preparing fruit and vegetables Use of cooker Use of equipment Cooking methods Prepare combine and shape Diet related problems – Obesity, CVD, Diabetes, Rickets, Anaemia. Sensory testing – 5 senses. Ranking vs Rating, Function of ingredients, Key Cooking Skills, Nutritional, Analysis, Sensory testing.</p>	<p><b>Food, Nutrition and Health</b></p> <p><u>Skills</u></p> <p>Knife Skills Adapting recipes to suit nutritional guidelines General practical skills Preparing fruit and vegetables Use of cooker Use of equipment Cooking methods Prepare combine and shape Term content: Protein, fats, carbohydrates, Vitamins and Minerals. Fibre and water, Healthy Eating Guidelines, Nutritional analysis. Nutritional needs of differed age groups, Diet Related problems, Energy Needs.</p>	<p><b>Food choice and provenance</b></p> <p><u>Skills</u></p> <p>Knife Skills Adapting recipes to suit nutritional guidelines General practical skills Preparing fruit and vegetables Use of cooker Use of equipment Cooking methods Prepare combine and shape Term content: Grown food – reared, caught, GM, Waste food and packaging, Food miles, Processing, Fortification and modification. Influences on food choice, Cultural, religious and moral food choices. Food labelling, Influences on marketing, British and international cuisines, Sensory testing.</p>
<b>Year 10</b>	<p><b>Protein – Meat, Poultry, Eggs, Alternatives, Beans &amp; Pulses, Gelatine.</b></p> <p><u>Skills</u></p> <p>Knife Skills Adapting recipes to suit nutritional guidelines General practical skills Preparing fruit and vegetables Use of cooker Use of equipment Cooking methods Prepare combine and shape Term content: Nutrition and Health, Food Science, Food Safety, Food Choice, Food Provenance on meat, poultry, eggs, alternatives, beans and pulses and gelatine.</p>	<p><b>Protein – Meat, Poultry, Eggs, Alternatives, Beans &amp; Pulses, Gelatine/ Fat – Fats &amp; Oils, Dairy/ Carbohydrates – Cereals, Potatoes, Sugar</b></p> <p><u>Skills</u></p> <p>Knife Skills Adapting recipes to suit nutritional guidelines General practical skills Preparing fruit and vegetables Use of cooker Use of equipment Cooking methods Prepare combine and shape Term content: Nutrition and Health, Food Science, Food Safety, Food Choice, Food Provenance on Protein (continues form last term) carbohydrates e.g. Cereals, potatoes and sugar and fats, oils and dairy.</p>	<p><b>Carbohydrates – Cereals, Potatoes, Sugar/ Vitamins and Minerals – Fruit and Vegetables</b></p> <p><b>Yr10 NEA Practical Mock Exams</b></p> <p><u>Skills</u></p> <p>Knife Skills Adapting recipes to suit nutritional guidelines General practical skills Preparing fruit and vegetables Use of cooker Use of equipment Cooking methods Prepare combine and shape Term content: Nutrition and Health, Food Science, Food Safety, Food Choice, Food Provenance on carbohydrates (continues form last term), vitamins &amp; Minerals e.g. fruit and vegetables.</p>

<p><b>Year</b> <b>11</b></p>	<p><b>NEA 1&amp;2</b> <u>Skills</u> <i>Research</i> <i>Analysis</i> <i>Evaluation</i> <i>Investigating</i> Term Content: Students will record their practical investigation and draw conclusions. The report could include charts, graphs and diagrams. Specialist terminology will be used to clearly communicate the research and investigation findings. The report must include photographic evidence authenticating the practical investigation. Students will prepare, cook and present a final menu of three dishes within a single period of no more than 3 hours, planning how this will be achieved. On completion of the making of the final dishes, students will analyse and evaluate the outcomes through sensory testing, nutritional analysis, costing and identify improvements to their dishes. A menu is a selection of three dishes that are produced to meet the demands of the chosen task</p>	<p><b>NEA 2 – Food Science &amp; Cooking and Preparation</b> <u>Skills</u> <i>Research</i> <i>Analysis</i> <i>Evaluation</i> <i>Investigating</i> Term Content: Students create practical outcomes and demonstrate the technical skills listed in Food preparation. Students create, plan, prepare, cook and present a three-dish menu to meet the needs of their chosen task and allow them to showcase their food preparation skills. Two assessment criteria give students the opportunity to gain marks for demonstrating their food preparation skills – 'demonstrating technical skills' and 'making the final dishes'. Nutritional analysis will be completed to demonstrate knowledge and understanding of nutrition and healthy guidelines.</p>	<p><b>How to do effective revision, revisiting of some key topic areas before the exam. Looking at exam and question structure.</b> <u>Skills</u> <i>Revision using Learning to Learn guidance.</i> <i>Mind maps, foldables, flash cards, visual note taking, learning mats, questioning, talking like an expert and test questions.</i> Term content: All KS3 &amp; KS4 content relevant to GCSE exam will need to be revisited in lessons, extra sessions, through homework and as part of student’s revision plan.</p>
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