

Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Health and Safety Basic Equipment. Weighing and Measuring.		Healthy Eating Fruits and Vegetables		Food Groups Where Food comes from?	
Year 8	Health and Safety Food Groups		Eat well Guide Nutrients		Diet and Health Functions of ingredients.	
Year 9	Health and Safety Food and Nutrition		Cooking Methods Food Choice		Seasonality Adapting Recipes Practical skills	
Year 10	Food Hygiene and Food Safety Food, Nutrition and Health		Dietary Needs Food Science		Food Provenance Food Preparation Skills	
Year 11	Food and Nutrition Food Science. NEA 1 Food Investigation Coursework.		Food Choice Food Provenance Revision for Mock Exam NEA 2 Food Preparation Coursework. (practical skills)		Non- Examination Assessment 2 Coursework. Revision GCSE Exams	

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Homework Focus

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Why is Health and safety important in the food room?</p> <p>Design a health and safety poster.</p> <p>List some basic equipment and their uses.</p> <p>List 5 weighing and measuring equipment and their uses.</p>		<p>Explain the healthy eating guidelines.</p> <p>Quiz on Healthy eating.</p> <p>List variety of Fruits and vegetables.</p>		<p>List the 5 food Groups?</p> <p>Able to link the food groups to the Eat Well Guide.</p> <p>Identify fruits and vegetable chart.</p>	
Year 8	<p>What is personal hygiene and what is food hygiene?</p> <p>What procedures should be followed to ensure good hygiene?</p> <p>Explain the 4C's</p>		<p>What is the Eatwell Guide?</p> <p>How can food products be made based on the Eatwell Guide principles?</p> <p>What is a balanced diet and what are the five key nutrients?</p>		<p>How does our diet affect our health?</p> <p>What factors affect food choice?</p> <p>How do we adapt recipes to meet individual needs?</p>	
Year 9	<p>The importance of Health and Safety</p> <p>What are Nutrients?</p> <p>Explain functions of each nutrient.</p>		<p>Why is it important to cook food?</p> <p>Explain how cooking methods impact on nutritional value</p>		<p>Why is it important to adapt recipes?</p> <p>Why is seasonality important when planning a meal?</p>	

	List 5 sources of each Nutrient. .	Identify factors affecting food choice.	
Year 10	Explain why Health and safety procedures are important. Explain Macronutrient and Micronutrients. State reasons why the body needs variety of Nutrients. What impact can obesity have on everyday health and well-being?	Why do teenagers need extra protein in their diets? Explain how convection currents heat food. How does aeration help to keep to keep cake mixtures light and springy?	What is meant by carbon Footprint? Why is organic foods more expensive? Find 5 recipes and identify different cooking skills.
Year 11	GCSE AQA Food Preparation /Nutrition Revision and Practice Book.	Exams practice papers.	Practice dishes for the cooking exam. Non-Examination Assessment 2 Tasks

Enrichment Opportunities

	Year 7	Year 8	Year 9	Year 10	Year 11
Suggested	Keywords	Keywords	Keywords	Recipes –	Recipes –

Reading			Recipes	Methods of Making.	Methods of Making. Revision Packs
Suggested Viewing	British Bake off Junior MasterChef.	British Bake off Junior MasterChef.	British Bake off Junior MasterChef	Food Videos British Bake-off BBC Bite size	Food Videos MasterChef. BBC Bite size

Links to the Exam Specification

The Exam Specification KS4	Welling Reference to the Exam Specification
AQA Food Preparation and Nutrition. 8585	Autumn Term
This qualification is linear. Linear means that students will sit their exam and submit all their non-exam assessment at the end of the course.	Spring Term
	Summer Term