

KS4 Curriculum Overview – Food & Nutrition

Year 1 GCSE Food Preparation & Nutrition (AQA)

NOTE: Practical's are subject to changes e.g. ingredient availability, student attainment, weather conditions (extreme heat), etc. KS4 and KS5 NEA/internal assessments may also impact SOW.

TERM 1 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Unit 2: Food, Nutrition & Health, including current healthy eating guidelines, protein, carbohydrates and dietary fibre.</p> <p>Practical – Unit 1: Food Preparation Skills. A range of dishes demonstrating a range of practical skills, e.g. vegetable cutting techniques, chicken stir-fry, Moroccan tagine and meatballs.</p>	<p>Science (nutrition) / Health & Social Care (healthy eating guidelines) / PE (nutrition & healthy eating guidelines).</p>	<p>British Values across GCSE FP&N:</p> <p>Individual liberty: students can make their choices e.g. with regards to ingredients used in some recipes</p> <p>The rule of law: understanding rules and why they are important e.g. routines in the Food Room, H&S</p> <p>Democracy: students will make decisions and work with others (pairs/groups). The right of opinion/voice for all.</p>
TERM 2 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Unit 2: Food, Nutrition and Health, including fat, vitamins, minerals, dietary groups and dietary related illnesses/diseases.</p> <p>Practical – Unit 1: Food Preparation Skills. A range of dishes demonstrating a range of practical skills, e.g. chocolate tart, chocolate log and winter tart.</p>	<p>Science (nutrition).</p>	<p>British Values across GCSE FP&N (cont.):</p> <p>Tolerance: learning about different faiths and cultures in respect to food and diets. Working with others and listening to different points of view.</p> <p>Mutual respect: working with others, respecting the choices of others.</p>
TERM 3 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Unit 3: Food Science, including heat transfer, cooking methods and chemical/functional properties of food.</p> <p>Practical – Unit 1: Food Preparation Skills. A range of dishes demonstrating a range of practical skills, e.g. bread, lemon meringue pie, marinated kebabs and mayo.</p>	<p>Science (heat transfer).</p>	<p>Career Links across GCSE FP&N:</p> <ul style="list-style-type: none"> - Promote awareness of the work of work, e.g. hygiene & safety practices, practical skills, nutrition, dietician, food technologist, etc. - Promoting understanding of the food industry and economy, e.g. food processing, budgeting, etc.
TERM 4 TOPIC/s	*Key Skills/Subject Links	*Career links & BV

<p>Theory – Unit 3: Food Science, including chemical/function properties of food and NEA1 mock.</p> <p>Practical – Unit 1: Food Preparation Skills. A range of dishes demonstrating a range of practical skills, e.g. choux pastry. NEA1 mock practical investigations.</p>	<p>Science (practical investigations).</p>	<p>Career Links across GCSE FP&N:</p> <ul style="list-style-type: none"> - Link skills to the wider world, e.g. practical skills, grammar, organisation, time management, etc. - Links with industry, e.g. The Yarrow Hotel, Broadstairs.
<p>TERM 5 TOPIC/s</p>	<p>*Key Skills/Subject Links</p>	<p>*Career links & BV</p>
<p>Theory – Unit 3: Food Science, including NEA1 mock. Unit 4: Food Safety, including buying/storing food, personal hygiene.</p> <p>Practical – Unit 1: Food Preparation Skills. A range of dishes demonstrating a range of practical skills, e.g. scotch eggs and prawn curry.</p>		
<p>TERM 6 TOPIC/s</p>	<p>*Key Skills/Subject Links</p>	<p>*Career links & BV</p>
<p>Theory – Unit 4: Food Safety, including spoilage, contamination and food poisoning. Mock NEA2: Italian Cuisine.</p> <p>Practical – Unit 1: Food Preparation Skills. A range of dishes demonstrating a range of practical skills, e.g. pasta and Italian 2 course meal.</p>	<p>Science (micro-organisms) / DT (plan, design & make).</p>	

KS4 Curriculum Overview – Food & Nutrition

Year 2 GCSE Food Preparation & Nutrition (AQA)

NOTE: Practical's are subject to changes e.g. ingredient availability, student attainment, weather conditions (extreme heat), etc. KS4 and KS5 NEA/internal assessments may also impact SOW.

TERM 1 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Unit 4: Food Safety, including micro-organisms in food production. Unit 5: Food Choice, including factors affecting food choice, religion, allergies, coeliac disease and lactose intolerance.</p> <p>Practical – Unit 1: Food Preparation Skills. A range of dishes demonstrating a range of practical skills, e.g. salads, fish cakes and kofte with flatbreads.</p>	<p>Science (micro-organisms) / RE (religion & food choice).</p>	<p>British Values across GCSE FP&N:</p> <p>Individual liberty: students can make their choices e.g. with regards to ingredients used in some recipes</p> <p>The rule of law: understanding rules and why they are important e.g. routines in the Food Room, H&S</p> <p>Democracy: students will make decisions and work with others (pairs/groups). The right of opinion/voice for all.</p>
TERM 2 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Unit 5: Food Choice, including sensory analysis and food labelling.</p> <p>Mock exam.</p> <p>NEA1 Assessment and practical investigations.</p>		<p>British Values across GCSE FP&N (cont.):</p> <p>Tolerance: learning about different faiths and cultures in respect to food and diets. Working with others and listening to different points of view.</p> <p>Mutual respect: working with others, respecting the choices of others.</p>
TERM 3 TOPIC/s	*Key Skills/Subject Links	*Career links & BV

<p>Theory - NEA2 Assessment. Practical – Unit 1: Food Preparation Skills. A range of dishes demonstrating a range of practical skills, e.g. revision of skills, e.g. filleting fish, knife skills, presentation, deboning chicken, etc. NEA2 Assessment, trial dishes.</p>	<p>DT (plan, design & make).</p>	<p>Career Links across GCSE FP&N: - Promote awareness of the work of work, e.g. hygiene & safety practices, practical skills, nutrition, dietician, food technologist, etc. - Promoting understanding of the food industry and economy, e.g. food processing, budgeting, etc.</p>
<p>TERM 4 TOPIC/s</p>	<p>*Key Skills/Subject Links</p>	<p>*Career links & BV</p>
<p>Theory - NEA2 Assessment. Practical - Unit 1: Food Preparation Skills. A range of dishes demonstrating a range of practical skills, e.g. revision of skills, e.g. filleting fish, knife skills, presentation, deboning chicken, etc. NEA2 assessment, final practical.</p>	<p>DT (plan, design & make).</p>	<p>Career Links across GCSE FP&N: - Link skills to the wider world, e.g. practical skills, grammar, organisation, time management, etc. - Links with industry, e.g. The Yarrow Hotel, Broadstairs.</p>
<p>TERM 5 TOPIC/s</p>	<p>*Key Skills/Subject Links</p>	<p>*Career links & BV</p>
<p>Theory – Unit 5: Food Provenance, including farming methods, sustainability, animal welfare, environmental impact and food processing. Exam revision.</p>	<p>Geography (farming methods, sustainability, environmental impact).</p>	
<p>TERM 6 TOPIC/s</p>	<p>*Key Skills/Subject Links</p>	<p>*Career links & BV</p>
<p>Exam revision. Exam.</p>		