

KS4 Curriculum Overview – Food & Nutrition

Year 1 BTEC Home Cooking Skills

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 – introduction to the Food Room, including hygiene and safety, personal hygiene and using the cookers.</p> <p>Practical – a range of breakfast dishes, e.g. porridge, French toast and breakfast muffin.</p>		<p>British Values across BTEC Home Cooking Skills:</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 – Pastry and Afternoon Tea, including types of pastry, ingredients used to make pastry and traditional Afternoon Tea.</p> <p>Practical – a range of pastry dishes, e.g. quiche, tarts and sausage rolls.</p>		<p>British Values across BTEC Home Cooking Skills (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 – Lunch and Snacks, including Eatwell Guide and 8 Tips for a Healthy Lifestyle.</p> <p>Practical – a range of snack/lunch dishes, e.g. pasties, Danish pastries and samosas.</p>	Health & Social Care (healthy eating guidance) / PE (healthy eating guidance).	<p>Career Links across BTEC Home Cooking Skills:</p> <ul style="list-style-type: none"> - Promote awareness of the work of work, e.g. hygiene & safety practices, practical skills, 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 – Bread, including processing of wheat to make flour and functions of ingredients in bread making. Practical – a range of bread dishes, e.g. pizza, focaccia and hot cross buns.</p>	<p>Geography (farming).</p>	<p>Career Links across BTEC Home Cooking Skills: - 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 – Year 1 assessment: Design and make a brunch dish, including research, time planning, nutritional analysis. Practical – a range of brunch dishes, e.g. Full English breakfast, brunchlette and brunch dish of students choice for practical assessment.</p>	<p>DT (plan, design & make).</p>	
<p>TERM 6 TOPIC/s</p>	<p>*Key Skills/Subject Links</p>	<p>*Career links & BV</p>
<p>Theory – Summer cooking, e.g. BBQ and food poisoning. Practical – a range of summer dishes, e.g. burgers with slaw, kebabs with salad and cheesecake.</p>	<p>Geography (seasonality).</p>	

KS4 Curriculum Overview – Food & Nutrition

Year 2 BTEC Home Cooking Skills

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 – Hygiene and safety recap, including kitchen hygiene, safety and personal hygiene. Ways to economise, including budgeting and price comparison.</p> <p>Practical – a range of starter dishes, e.g. chicken wings, nachos, garlic bread, chicken goujons and prawn cocktail.</p>		<p>British Values across BTEC Home Cooking Skills:</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 – Desserts, including dessert tasting, seasonal desserts and menu research (preparing for assessment).</p> <p>Practical – a range of dessert dishes, e.g. brownies, lemon and white chocolate drizzle cake and winter filo tart.</p>		<p>British Values across BTEC Home Cooking Skills (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 – Main Courses, including international cuisine and time planning (preparing for assessment).</p> <p>Practical – a range of main courses and accompaniments, e.g. roast chicken and vegetables.</p>	MFL (international cuisine).	<p>Career Links across BTEC Home Cooking Skills:</p> <ul style="list-style-type: none"> - Promote awareness of the work of work, e.g. hygiene & safety practices, practical skills, 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 – Year 2 Assessment: 2 course meal, including cuisine research, menu planning, time planning and nutritional analysis.</p> <p>Practical – Year 2 Assessment: prepare, cook and present 2 course meal.</p>	DT (plan, design & make).	<p>Career Links across BTEC Home Cooking Skills:</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.
TERM 5 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Year 2 Assessment: 2 course meal, including cuisine research, menu planning, time planning and nutritional analysis.</p> <p>Practical – a range of nutritionally balanced dishes (student choice).</p>	DT (plan, design & make).	
TERM 6 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Pre-rollover:</p> <p>Practical – a range of nutritionally balanced dishes (student choice).</p>		

