

	YEAR 7 [KS3]	YEAR 8 [KS3]	YEAR 9 [KS3]	YEAR 10 [KS4]
FOCUS	<ul style="list-style-type: none"> • Introduction to Basic Food and Nutrition • Safety in the Kitchen and Good Hygiene • Washing Tasks • The Eatwell Guide • Five a day • How to use and oven and hob • Using an oven and hob • Weighing and Measuring • Making a dough using a raising agent • Food Labelling and scone comparison • Allergens • End of unit assessment 	<ul style="list-style-type: none"> • Introduction to Carbohydrates • Where does food come from? • Eatwell Guide (Carbohydrates) • Cooking food for life • The needs of people • Making Braised Rice • Ingredients • Making Focaccia bread • Wise food shopping • Tasting & Testing + End Test (written) • Recipe Challenge • Seasonality 	<ul style="list-style-type: none"> • Introduction to Carbohydrates • Where does food come from? • Eatwell Guide (Carbohydrates) • Cooking food for life • The needs of people • Making Braised Rice • Ingredients • Making Focaccia bread • Wise food shopping • Tasting & Testing + End Test (written) • Recipe Challenge • Seasonality 	<ul style="list-style-type: none"> • Introduction to course • Equipment and expectations • Practical format and expectations • Healthy Eating and nutrition • Macro and micro nutrients • Cooking skills and methods • Proteins and allergies • HBV and LBV foods • Food labelling • Vitamins and minerals • Religious diets • Seasonal foods • Nutritional needs through life
KEY KNOWLEDGE	<p>Introduce unit and the importance of basic food and nutrition knowledge</p> <p>Promote understanding of health, safety and hygiene in the kitchen</p> <p>Learners to understand the importance of good hygiene and how to wash-up properly</p> <p>Introduction to the Eatwell Guide promoting healthier eating</p> <p>The importance of fruit and vegetables in our diet</p> <p>Learning how to use appliances and associated techniques safely</p> <p>How to use scales correctly and the importance of correct weighing of ingredients</p> <p>How to read and interpret food labels: salt, sugar & fat and acceptable amounts</p> <p>Allergens; what are they and what are the consequences?</p> <p>End of unit assessment</p>	<p>introduce learners to their 12 week course</p> <p>Food chains: understand where their food comes from.</p> <p>The principles of eating a healthy, balanced diet</p> <p>Factors that influence what we eat and outcomes</p> <p>How diets vary between individuals for reasons such as availability, preference, money, resources, time, culture and religion</p> <p>Cooking a carbohydrate dish safely and hygienically</p> <p>Help students recognise and name familiar and some unfamiliar, ingredients</p> <p>Emphasis on Health and Safety and accuracy of weighing</p> <p>Develop students' knowledge & understanding of where to shop and what to eat</p> <p>This unit provides students with a range of vocabulary to use when tasting and testing food understanding of how they can adapt recipes and eating habits to promote a healthy life</p> <p>To understand the terminology of Seasonality and why it is better to buy fruits and vegetables</p>	<p>introduce learners to their 12 week course</p> <p>Food chains: understand where their food comes from.</p> <p>The principles of eating a healthy, balanced diet</p> <p>Factors that influence what we eat and outcomes</p> <p>How diets vary between individuals for reasons such as availability, preference, money, resources, time, culture and religion</p> <p>Cooking a carbohydrate dish safely and hygienically</p> <p>Help students recognise and name familiar and some unfamiliar, ingredients</p> <p>Emphasis on Health and Safety and accuracy of weighing</p> <p>Develop students' knowledge & understanding of where to shop and what to eat</p> <p>This unit provides students with a range of vocabulary to use when tasting and testing food understanding of how they can adapt recipes and eating habits to promote a healthy life</p> <p>To understand the terminology of Seasonality and why it is better to buy fruits and vegetables</p>	<p>Food spoilage</p> <p>Diet and good health</p> <p>Food commodity</p> <p>Fruit and vegetables</p> <p>NEA Investigation task (practice)</p> <p>Food commodity: Cereals</p> <p>Food commodity: Cereals NEA investigation task (practice)</p> <p>Food commodity: Dairy products – milk; cheese</p> <p>Food commodity: Dairy products – cream cheese, yoghurt, butter, cream NEA investigation task (practice)</p> <p>Food commodity: Meat, fish, eggs</p> <p>Soya, Tofu, Beans, Nuts Seeds</p> <p>NEA investigation task (practice)</p> <p>NEA cooking and food preparation task (practice)</p>
ASS	Practical Assessment and 2 x written tests	Practical Assessment and 2 x written tests	Practical Assessment and 2 x written tests	Practical Assessments, written tests and exam practice questions