



Overview	Pupils learn a wide range of practical and organisational skills enabling them to produce high-quality food products which meet nutritional targets and promote good health. Pupils will work with a range of foods to experience first-hand the working characteristics and processing techniques used when making food products. As well as developing a sound knowledge and a wide range of practical skills, there will be opportunities for investigation of recipe ideas, experimentation, testing and exploration.	
Autumn Term	Unit 1: Exploring food provenance and applying to practical situations. Macronutrients in depth: sources and functions. Awareness of environmental issues surrounding food shopping and preparation: seasonality and avoiding food waste. Practical sessions (developing skills): <ul style="list-style-type: none">■ Indian Seasonal curry – Knife skills, preparing vegetables, cooking methods – frying, selecting and adjusting cooking times, reduction sauce, weigh and measure■ Italian Alfredo pasta – knife skills, preparing vegetables – bridge and claw, peel, grate, dice, cooking method – simmering, testing for readiness, judge and modify sensory properties, weigh and measure■ Italian Bolognese- knife skills, cooking methods – dry frying, preparing vegetable – grate, peel, dice; reduction sauce	Assessment Frequent verbal feedback End of unit 1 – multiple choice Written communication and literacy skills question Practical assessment EDSA Food and Nutrition Grid
	Unit 2: Food science in action. Mechanical, chemical and biological chemical raising agents. Functional and chemical properties of bread making ingredients. Practical sessions (developing skills): <ul style="list-style-type: none">■ Flatbreads – making a dough, shaping and finishing, knife skills, using the oven, preparing equipment – lining a tin■ Cupcakes – use of equipment – hand whisk, weigh and measure, prepare equipment – line baking tins, eggs as a raising agent, judge and modify sensory properties■ Pizza- making a dough, weigh and measure, use of knife skills, preparing vegetables – peel and grate, sauce making, shaping and finishing, testing for readiness, using the oven	Assessment All formative assessment Frequent verbal feedback Practical assessment EDSA Food and Nutrition Grid
Spring Term	Unit 3: Applying nutritional knowledge to a relevant design/make situation – Meals for the School Canteen. Teenage nutritional requirements. Dish development and planning in preparation for final practical assessment. Practical sessions (developing skills): <ul style="list-style-type: none">■ Quesadillas – weigh and measure, select and adjust cooking time, judge and modify sensory properties, knife skills, preparing vegetables – peel or grate, cooking methods – dry frying■ Falafel wrap – prepare, combine and shape, weigh and measure, prepare equipment – oil baking tray, testing for readiness, judge and modify sensory properties, knife skills, preparing vegetables, using the oven■ Own design canteen main meal - opportunity to use a combination of skills developed through the Food & Nutrition curriculum to prepare a canteen meal	Assessment Frequent verbal feedback End of unit 3 – multiple choice EDSA Food and Nutrition Grid Practical assessment

Useful Resources for Supporting Your Child at Home:	Homework:
<p>Teams – all recipes will be posted on the Food and Nutrition Team at least a week in advance.</p> <p>Recipe allergy information is on the school website.</p>	<p>Pupils are required to organise their own ingredients and suitable container in preparation for each practical lesson.</p> <p>Revision for end of unit tests – all revision resources required will be posted on Teams.</p>