



Overview	<p>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.</p> <p>Pupils will work with a range of foods to experience first-hand the working characteristics and processing techniques used when making food products.</p> <p>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.</p>
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Autumn Term	<p>Unit 1: Deepening knowledge and application of food safety and high-risk ingredients.</p> <p>Factors affecting food choice including exploring ethical issues surrounding food choice e.g. Fairtrade. Healthy eating guidelines and nutritional profiling. Health risks associated with a poor diet.</p> <p>Practical sessions (developing skills):</p> <ul style="list-style-type: none"> American chocolate brownies – weigh and measure, line tray, test for readiness, using the oven, water-based method using the hob, using the oven, setting a mixture using eggs. Caribbean jerk chicken – knife skills, prepare fruit and vegetables, prepare roasting tin, use of seasonings, chicken thigh preparation, baking and frying. Test for readiness with temperature probe. Frying of pineapple or plantain. Chinese chow mein – select and adjust cooking times, judge and modify taste, knife skills, advanced cuts e.g. julienne, batons, slice chicken evenly and accurately, stir frying, test for readiness with temperature probe, tenderise and marinating. 	<p>Assessment</p> <ul style="list-style-type: none"> Frequent verbal feedback End of unit 1 – multiple choice Written communication and literacy skills question Practical assessment EDSA Food and Nutrition Grid
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Spring Term	<p>Unit 2: Deepening food science knowledge. Gelatinisation of starch, shortening of fats. NEA1 practice.</p> <p>Practical sessions (developing skills):</p> <ul style="list-style-type: none"> American macaroni cheese – weigh and measure, using the grill, boiling using the hob, starch-based sauce demonstrating gelatinisation. Custard croissants – weigh and measure, knife skills preparing fruit, using the oven to bake, using the hob for water-based method making custard, shaping and finishing, use of protein to set custard. Samosas – weigh and measure, knife skills, using the hob for dry frying, oven for baking, shaping samosas using filo pastry. 	<p>Assessment</p> <ul style="list-style-type: none"> All formative assessment Frequent verbal feedback Practical assessment EDSA Food and Nutrition Grid
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Summer Term	<p>Unit 3: Deepening food design opportunities. High level skills and food presentation skills. NEA2 practice. British and International cuisines. Opportunity to research a cultural cuisine and plan a savoury dish for the final KS3 showcase practical lesson.</p>	<p>Assessment</p> <ul style="list-style-type: none"> Frequent verbal feedback End of unit 3 – multiple choice EDSA Food and Nutrition Grid Practical assessment
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Summer Term	<p>Practical sessions (developing skills):</p> <ul style="list-style-type: none"> ■ Spice blends: fresh paste made and then combined into a curry – weigh and measure, knife skills, test for readiness using temperature probe, using hob to fry, boil and simmer, use of blender/pestle and mortar. ■ Own design savoury multicultural – opportunity to use further specialist equipment such as food processor, pasta machine. 	
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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>