7-11 Food Curriculum Map

C – Planning for the final menu

D – Making the final dish

B – Demonstrate technical skills

E – Analysis and evaluation

A - Researching

NEA 2

Food Preparation Assessment

Revision

EXAM

Post 16 Destinations

Apprenticeship

University

A Levels / Level 3

Professional H & C Routes

Microorganisms and enzymes

REVISE

KS4 – Food Preparation and Nutrition

Cuisines

Recap

Food choice

Preparing, cooking and serving food

Food and the environment

Food production

Taste receptors

Olfactory systems

The signs of food poisoning

NEA 1

Food Investigation

Recap

YEAR 11

Food Provenance – Food processing and production

Environmental and sustainability – Food Provenance

Food Choice – Sensory Evaluation

B - Investigation

Food Science

Technological developments

Food sources

Sustainability

British

Cuisines

C – Analysis and evaluate

A – Research

KS4 – Food Preparation and Nutrition

Buying and storing food

Coagulation

Denaturation

Gelatinisation

Caramelisation

Plasticity

Emulsification

Enzymic browning

Oxidation

Vegans & Vegetarians

Moral

Influences of Food choice – Food Choice

Special Diets and religion

YEAR 10

Food Science – Protein

Carbohydrates

Fats and oils

Fruits and Vegetables

Diet & Lifestyle

Microorganisms in food production – Food Safety

Marketing

Fats in Pastry Experiment Commodities -Pastry

Foam Formation

Gluten Formation

Dextrinization

Shortening

Aeration

Cultural

Dietary related diseases

Year 10 - 11 a range of savoury and sweet dishes will be produced alongside deeper theory

Food Science – Food Science

KS4 – Food Preparation and Nutrition

Convection

Why food is cooked and how heat is transferred

Energy needs

Balance diet

Vitamins

Fats

Carbohydrates

Selecting appropriate cooking methods

Cooking of food and heat transfer – Food Science

Nutritional needs and health – Food, Nutrition and Health

Micronutrients

Macronutrients – Food, Nutrition and Health

YEAR 9

In Year 9 learners will develop a deeper understanding of nutrition and build on developing higher skills required in the GCSE specification

Radiation

Conduction

Diet nutrition and health

Nutritional analysis

Minerals

Proteins

British

Food Labelling

KS3 – Food and Nutrition

Food Choice And Provenance

Seasonal Foods

In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about food choice.

Healthy Eating & Eatwell guide recap

Diet through life

Macro / Micro nutrients

Gelatinisation

Gluten

Steam

Bacterial contamination

Food Security

YEAR 8

Nutrition

Food Science

Food spoilage and contamination

Fairtrade: ethics

Food Miles

Food Provenance

Dietary fibre & Water

Importance of Breakfast

Biological

Raising agents

Mechanical

Chemical

Food and Temperature

Food poisoning

Year 7 - 9 a range of predominantly savoury and some sweet dishes will be produced alongside theory

KS3 – Food and Nutrition

Traditional foods

Food Choice

Organic Farming - eggs

Functions of eggs - Commodities

Energy balance

Knife skills

Hand washing

Staple foods

YEAR 7

Food Science

Nutrition & Healthy Eating

Culinary Skills

Food Safety

In Year 7 learners will develop basic understanding of nutrition and culinary skills.

Sensory Analysis

Functions of ingredients in bread making

Eat Well guide and nutrition

Using the hob & grill & oven

Blending

The '4' C's Bacteria and Hygiene

Faults in cake making

Fats and Sugars

Rubbing in method

Practical routine

Food safety in the kitchen

Accident Prevention

Enzymic Browning

8 tips for healthy eating

Cooking terms