



Food Preparation & Nutrition Curriculum Outline

This outline provides a long-term overview of the knowledge and skills developed in this subject. More detailed short- and medium-term schemes of work, not published here, are available by contacting the Food Technology Department.

	Term 1	Term 2	Term 3	Term 4	Term 5	
Year 11	NEA Food Experiment Task 10 Hours <ul style="list-style-type: none"> • Research. • Planning. • Analysis & Evaluation. • Practical Food Science. 	NEA Food Preparation Task 20 Hours <ul style="list-style-type: none"> • Research. • Planning. • Practical Practice. • Skills Practice. • Presentation Practice. 	Energy Balance The Relationship between diet & health Food Safety Food Security PRACTICAL TASKS TO SUIT REVISION NEEDS. <ul style="list-style-type: none"> • BMR/PALS. • Food Storage. • Fairtrade. • GM Foods. • Sustainability. 	Food Processing & Production Technological Developments to support better health & food production. <ul style="list-style-type: none"> • Fortification. • Additives. • Probiotics. • Preservatives. • Dough. 	Revision Analysis/ Evaluation Formative & summative feedback using OCR marking criteria.	
	Food Science Practice NEA Food Experiment 15% (45 Marks) <ul style="list-style-type: none"> • Judging & manipulating sensory properties. • Nutritional Content Main Commodity Groups. • Proteins – Eggs. • Food Processing/Food Production. 	Japanese Cuisine <ul style="list-style-type: none"> • Culinary Traditions. • Factors Influencing Food Choice. • Relationship between Diet & health. • Judging & manipulating Sensory properties. • Independent Research & Choice (ABC/ Courses/Countries. 	Year 10 Exam Food Preparation 35% (105 Marks) <ul style="list-style-type: none"> • Factors influencing Food Choice. • Food Provenance – Source & Supply. • Nutritional & Dietary Needs. • Research & Planning. • Analysis & Evaluation. 	Spanish Cuisine <ul style="list-style-type: none"> • Culinary Traditions. • Factors Influencing Food Choice. • Relationship between Diet & Health. • Judging & Manipulating Sensory Properties. 	Techniques & Skills Cooking Methods <ul style="list-style-type: none"> • Food Preparation. • Techniques/skills • Enzymic Browning. • Setting a Mixture • Food Science. • Raising Agents. • Food Safety. • Emulsification. • Gelatinisation. • Caramelisation 	Techniques & Skills Cooking Methods Continued.... <ul style="list-style-type: none"> • Food Preparation. • Techniques/skills. • Styling. • Food Science. • Presentation. • Food Safety. • Poaching. • Caramelisation. • Decoration.
Year 10		Frying Steaming	Knife Skills	Preparation & Techniques Cooking Methods Chopping, Knife Skills Sensory Evaluation	Cooking Methods	Cooking Methods

	<p>Knife Skills</p> <p>Preparation & Techniques</p> <p>Using Equipment</p> <p>Sensory Evaluation</p> <p>Emulsification</p> <p>Aeration</p> <p>Synerisis</p> <p>Setting a Mixture</p> <ul style="list-style-type: none"> Poached Eggs Scrambled Eggs Fried Eggs Quiche Mayonnaise Custard 	<p>Oven Baking</p> <p>Chopping, Knife Skills</p> <p>Sensory Evaluation</p> <p>Presentation/ Garnish</p> <ul style="list-style-type: none"> Sushi Rice. Ramen Noodles. Onigiri. Katsu Curry. Salmon Teriyaki. Independent Choice. 	<p>Preparation & techniques</p> <p>Cooking Methods</p> <p>Sauces</p> <p>Raising Agents</p> <p>Sensory Evaluation</p> <ul style="list-style-type: none"> Independent Choice. 	<p>Presentation/ Garnish</p> <ul style="list-style-type: none"> Patatas Bravas. Paella. Blackened Cod & Aioli. Tapas. 	<p>Using Equipment</p> <p>Judging & manipulating Sensory properties.</p> <p>Shaping/ Binding/ Coating</p> <p>Presentation Skills</p> <ul style="list-style-type: none"> Apple Tart. Bechamel Sauce. Hollandaise Sauce. Jam. Victoria Sponge. Thai Fish Cakes. 	<p>Using Equipment</p> <p>Judging & manipulating Sensory properties.</p> <ul style="list-style-type: none"> Decorative Icing. Caramel/ Spun Sugar. Lemon Infused Cod.
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9	<p>Nutrition</p> <p>The Eatwell Guide</p> <ul style="list-style-type: none"> Nutritional content of the main commodity food groups. 5 A Day. Fruit and Vegetables. Vitamins. Minerals. <p>Food Safety</p> <p>Knife Skills</p> <p>Preparation & Techniques</p> <p>Using Equipment</p> <p>Sensory Evaluation</p> <ul style="list-style-type: none"> Roasted Red Pepper & Chickpea Soup. Apple Crumble. Ratatouille. 	<p>Proteins</p> <ul style="list-style-type: none"> Nutritional Content of main commodity groups. Vitamins & Minerals Eggs: Food Safety, Food production, Food Provenance. Meat. Chicken. Fish. <p>Frying</p> <p>Steaming</p> <p>Oven Baking</p> <p>Chopping</p> <p>Sensory Evaluation</p> <p>Synerisis</p> <ul style="list-style-type: none"> Chicken Breast. Salmon En Papilotte. Poached Eggs. Scrambled Egg. Sirloin Steak. 	<p>Dairy</p> <ul style="list-style-type: none"> Nutritional Content of main commodity groups. Vitamins & Minerals. Pastry. <p>Frying</p> <p>Cooking Rice</p> <p>Shortcrust Pastry</p> <p>Choux Pastry</p> <p>Sensory Evaluation</p> <ul style="list-style-type: none"> American Pancakes. Cheese Risotto. Eton Mess. Flatbreads. 	<p>Year 9 Exam</p> <p>Carbohydrates</p> <ul style="list-style-type: none"> Nutritional Content of main commodity groups. Vitamins & Minerals. Food Provenance. Exam - Nutrition / The Eatwell Guide. <p>Roasting</p> <p>Using Equipment</p> <p>Cooking Rice</p> <p>Sensory Evaluation</p> <ul style="list-style-type: none"> Roast Potatoes. Bread & Butter Pudding. Pasta. Pilau Rice. 	<p>Special Diets</p> <ul style="list-style-type: none"> Nutritional & Dietary Needs of different groups of people. Nutritional needs when selecting recipes for different groups of people. <p>Cooking Methods</p> <p>Using Food Processor</p> <p>Judging & manipulating Sensory properties.</p> <p>Presentation Skills</p> <ul style="list-style-type: none"> Salads. Cornish Pasties. Hummus. Green Burgers. Easter Eggs. 	<p>British Cuisine</p> <ul style="list-style-type: none"> Food Provenance. Food Source & Supply. Development of Culinary Traditions. Factors Influencing Food Choice. <p>Cooking methods</p> <p>Preparation Techniques</p> <p>Coating</p> <p>Binding</p> <p>Shaping</p> <p>Batters</p> <p>Setting a Mixture</p> <p>Sensory Analysis & Evaluation</p> <ul style="list-style-type: none"> Fish Fingers. Shortbread. Toad in the Hole. Gypsy Tart. Cheddar Mash. Jam.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 8	<p>Lessons on a fortnightly basis Practical & Theory</p> <ul style="list-style-type: none"> Food Safety Healthy Eating <p>Skills :</p> <ul style="list-style-type: none"> Using basic kitchen equipment safely. Knife Skills & Grips <p>Recipes</p> <ul style="list-style-type: none"> Grilled Sandwich Vegetable Cous Cous Fruit Pie Dutch Apple Cake 	<p>Lessons on a fortnightly basis Practical & Theory</p> <ul style="list-style-type: none"> Food Labelling Food Provenance <p>Skills:</p> <ul style="list-style-type: none"> Shortcrust Pastry Rubbing in Method <p>Recipes</p> <ul style="list-style-type: none"> Shortbread Cheese Scones Pizza Xmas Bake 	<p>Lessons on a fortnightly basis Practical & Theory</p> <ul style="list-style-type: none"> Food Provenance Food Waste <p>Skills:</p> <ul style="list-style-type: none"> Consolidation Flavour Combining <p>Recipes</p> <ul style="list-style-type: none"> Coconut & Cherry traybake Banana & Honey Cookies Soup of Choice 	<p>Lessons on a fortnightly basis Practical & Theory</p> <ul style="list-style-type: none"> Food Science Breadmaking <p>Skills:</p> <ul style="list-style-type: none"> Bread Dough Gluten formation <p>Recipes</p> <ul style="list-style-type: none"> Cold Prove bread Rolls Seeded Flatbread Fruit Plait 	<p>Lessons on a fortnightly basis Practical & Theory</p> <p>Pastry</p> <p>Knowledge: Year 8 Test</p> <p>Skills:</p> <ul style="list-style-type: none"> Shortcrust Pastry Puff Pastry <p>Recipes</p> <ul style="list-style-type: none"> Cheese Straws Apple Turnovers Mini Savoury Quiches 	<p>Lessons on a fortnightly basis Practical & Theory</p> <p>Styling & Presentation</p> <p>Knowledge: Raising Agents</p> <p>Skills: Cake Making & Decorating</p> <p>Recipes</p> <ul style="list-style-type: none"> Victoria Sponge Mini Sponge Cakes

Key/Legend/Notes:

Judging & Manipulating Sensory Properties: Organoleptic properties – taste, aroma, sight, texture.
Cooking Methods – roasting, baking, poaching, steaming, using microwave, frying.
Preparation Techniques – chopping, knife skills, shaping/binding/coating. Filleting.
Presentation & Styling – portioning, choosing appropriate presentation and styling of dish
Using Equipment – handheld blender, food processor, pasta machine, air fryer, slow cooker
Food Science – emulsification, aeration, gelatinisation, dextrinization, enzymic browning, synergism, setting a mixture, sauces, raising agents
'Stand Alone' Topics – Pastry, Bread, Batters