



	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Year 7	Eat Well, Prepare and Cook Safely					
	<p>Topic: Food hygiene, health & safety, nutrition, basic cooking methods</p> <p>Resources: Kitchen equipment, recipes</p> <p>Focus: To develop the knowledge of food categories and their role. To develop safe cooking and food handling methods and the appreciation of the dietary and sensory impact of food.</p> <p>Outcome: Key methods and knowledge utilised in the cooking of various recipes, including seasonal specialities. Peer and self-assessment and evaluation and adaption of recipes.</p> <p>Duration: 18 lessons</p>					
Year 8	Diet, Health & International Cuisine					
	<p>Topic: Different cultures of food, health & hygiene, adapting recipes to dietary needs and healthy substitutes.</p> <p>Resources: Kitchen equipment, recipes</p> <p>Focus: To make pasta dough, to develop and bake pasta based recipes. To adapt recipes to include healthier ingredients e.g. saturated and unsaturated fats</p> <p>Outcome: Understanding of different culture's food. Knowledge of food substitution groups. Peer and self-assessment and recipe evaluation</p> <p>Duration: 18 lessons</p>					
Year 9	Food Safety		Food Science		Food Nutrition & Health	
	<p>Topic: Personal and Food Hygiene</p> <p>Resources: Kitchen equipment, recipes, Colling Food Preparation and Nutrition Guide, Food Safety information</p> <p>Focus: Preventing cross-contamination of foods, develop hygienic practices, work independently, international cuisine</p> <p>Outcome: Knowledge and application of hygiene practices, increased knowledge of international cuisine. Assessment using GCSE based criteria</p> <p>Duration: 18 lessons</p>		<p>Topic: Food groups and key cooking methods</p> <p>Resources: Kitchen equipment, recipes, Colling Food Preparation and Nutrition Guide, Food Safety information</p> <p>Focus: Proteins, carbohydrates, Fats & Oils, Raising Agents. Gas-in-Liquid, gelatinisation, caramelisation, shortening, creaming</p> <p>Outcome: Knowledge and application of food groups and methodology. Assessment using GCSE based criteria.</p> <p>Duration: 18 lessons</p>		<p>Topic: Different requirements of balanced diet</p> <p>Resources: Kitchen equipment, recipes, Colling Food Preparation and Nutrition Guide, Food Safety information</p> <p>Focus: Macronutrients and Micronutrients, consequences of excess and deficiencies in food groups.</p> <p>Outcome: Knowledge and application to create recipes for a balanced nutritious diet. Assessment using GCSE based criteria</p> <p>Duration: 18 lessons</p>	



Year 10	Food Investigation NEA Demonstration Task	Food Science – Preparation Skills	Food Choice	Food Provenance
	<p>Topic: To use specific ingredients to perform specific tasks, to conduct investigations into effect of ingredients.</p> <p>Resources: Kitchen equipment, recipes, Colling Food Preparation and Nutrition Guide, Food Safety information</p> <p>Focus: Understand chemical, biological or physical attributes of food. Design and conduct investigations.</p> <p>Outcome: Knowledge of requirements for fair investigation. Increased competence in preparation and cooking skills. Assessment via GCSE NEA criteria</p> <p>Duration: 12 lessons</p>	<p>Topic: Reasons for cooking food and heat transfer methods.</p> <p>Resources: Kitchen equipment, recipes, Colling Food Preparation and Nutrition Guide, Food Safety information</p> <p>Focus: Selection of appropriate cooking method, high risk foods, cooking methodologies including enrobing, ravioli shaping, food presentation</p> <p>Outcome: Safe handling and cooking of high risk foods, competent in new cooking methodologies. Assessment via GCSE criteria.</p> <p>Duration: 12 lessons</p>	<p>Topic: Lifestyle and Seasonality</p> <p>Resources: Kitchen equipment, recipes, Colling Food Preparation and Nutrition Guide, Food Safety information</p> <p>Focus: Food choices related to religion, culture, moral and ethical beliefs and medical conditions</p> <p>Outcome: Knowledge of food choices and where to find information e.g. food labels. New cooking methods. Assessment using GCSE criteria</p> <p>Duration: 12 lessons</p>	<p>Topic: How food is grown, gathered, reared, caught.</p> <p>Resources: Kitchen equipment, recipes, Colling Food Preparation and Nutrition Guide, Food Safety information</p> <p>Focus: Food farming, seasonality, genetically modified foods, environment issues associated with food production.</p> <p>Outcome: Knowledge of provenance of food and issues related to food production. New cooking methods. Assessment using GCSE criteria</p> <p>Duration: 12 lessons</p>
Year 11	Non Examination Assessment 1		Non Examination Assessment 2	
	<p>Topic: NEA Food Investigation Task</p> <p>Resources: Kitchen equipment, recipes, Colling Food Preparation and Nutrition Guide, Food Safety information</p> <p>Focus: To plan, execute and evaluate a food investigation</p> <p>Outcome: 2000 word report detailing investigation process and findings. NEA assessment criteria</p> <p>Duration: 12 lessons</p>		<p>Topic: Skills Demonstration Task</p> <p>Resources: Kitchen equipment, recipes, Colling Food Preparation and Nutrition Guide, Food Safety information</p> <p>Focus: Plan, prepare and cook 3 dishes in 3 hours</p> <p>Outcome: Planned and executed practical task involving careful timing and a variety of cooking techniques. NEA assessment criteria.</p> <p>Duration: 24 lessons</p>	