

Curriculum Map

Subject: Food Preparation and Nutrition

Year:9

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Content</p> <p>Knowledge</p>	<p>Macronutrients Proteins Looking at meats (1) Storage and safety How to follow a recipe Different types of animal cuts How to portion a chicken How to fillet a fish Eggs theory</p>	<p>Macronutrients Proteins and Cereals Milk and dairy Cheese, yoghurts and cream, Alternative proteins Carbohydrates, Bread theory</p>	<p>Macronutrients Cereals Rice - variety and uses Flours - variety and uses Pasta - how to make from scratch Pastries - different types</p>	<p>Food commodities Fats/Oils variety and uses Sugar- Variety and uses Fruit and Veg (fibre)-groups Vitamins and minerals</p>	<p>Micronutrients Vitamins - water and fat based Minerals</p>	<p>Complex practical skills Revision lessons</p>
Skills	<p>Denaturing of protein Time plan skills</p>	<p>Practical skills (based on the 20 core skills) NEA food science skills.</p>	<p>Practical skills (based on the 20 core skills) NEA food science skills.</p>	<p>Practical skills (based on the 20 core skills) NEA food science skills.</p>	<p>Practical skills (based on the 20 core skills) NEA food science skills.</p>	<p>Practical skills (based on the 20 core skills) NEA food science skills.</p>

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Key Questions	<p>How can we use different cuts of steak in cooking?</p> <p>How does the various muscle groups of animals affect cooking methods / time?</p>	<p>What are the processes that raw milk goes through before it reaches the supermarket shelf?</p> <p>What is the milling process? What is the journey from grain to flour?</p>	<p>What are cereals? And how do these relate to breakfast cereals? What's the difference between primary and secondary processing?</p>	<p>What is the argument for and against foods which are high in fat or sugar?</p> <p>What is the difference between macronutrients and micronutrients?</p>	<p>What is the difference between fat soluble vitamins and water soluble vitamins?</p> <p>What is the purpose/function of each vitamin?</p> <p>What is for B group vitamins and their functions ?</p>	<p>What are the similarities and differences each topic covered throughout the year?</p> <p>How can we link the areas covered throughout the year to create more complex dishes?</p>
Assessment	<p>End of topic testing (teacher assessed) Practicals and evaluations (teacher and self assessment)</p>	<p>End of topic testing (teacher assessed) Practicals and evaluations (teacher and self assessment)</p>	<p>End of topic testing (teacher assessed) Practicals and evaluations (teacher and self assessment)</p>	<p>End of topic testing (teacher assessed) Practicals and evaluations (teacher and self assessment)</p>	<p>End of topic testing (teacher assessed) Practicals and evaluations (teacher and self assessment)</p>	<p>End of year test in the classroom (teacher assessment)</p>
Literacy/numeracy/SMSC/Character	<p>Structured whole class and independent reading, • Structured writing • Terminology & definitions • sentence starters • Development and questioning of opinions and new ideas on social issues and problems(detail in sow) • Public speaking (presentations) • Starters i.e. word bingo, key concept recall • Analytical skills • Evaluation Skills • In every unit students are challenged to develop critical thought (details in sow). Summer reading to develop subject knowledge.</p>					
Enrichment opportunities and futures	<p>Encourage students to cook meals at home</p> <p>Subject to planning School trip to the BBC Good Food Show</p> <p>Futures in the subject embedded across lesson plans and presentations. Directly and indirectly. Career options displayed on the display board including further education options. Specific enrichment - Relevant documentaries and wider reading throughout the course / Involving outside agencies to do talks/ demos</p>					

	<p>(vegan topic) to support foster a passion for the subject / Food trip to the BBC Good Food Show (usually at the NEC) trip to expose students to high quality chefs/ cooks and learn about cooking methods, skills. Also to enhance particularly for FSM, Disadvantaged and SEND students who may not have experienced eating out at a restaurant. -</p>
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