



 <div>THOMAS ALLEYNE'S HIGH SCHOOL</div>		 <div>UTTOXETER LEARNING TRUST INSPIRED TEACHING INSPIRING CHILDREN</div>	Curriculum Overview for: Year 9 Food and Nutrition		Key Stage 3 Academic Year Group: 9		
Term		Block 1		Block 2			
Topic		Hygiene, health and safety <ul style="list-style-type: none">- Retrieval of knowledge from middle school on how to remain safe in the food room.- investigate the effects of bacteria and understand the importance of hygiene in a kitchen. The Eatwell guide <ul style="list-style-type: none">- Understanding the five categories on the Eatwell guide and their importance in forming a well balanced diet. Food groups, functions and deficiencies. <ul style="list-style-type: none">- Breaking down the Eatwell guide and discussing the main nutrients, functions and what deficiencies can occur. Nutrients in food- macronutrients and micronutrients <ul style="list-style-type: none">- Identifying what the main nutrients are in food. Foods high in fat, sugar and salt. <ul style="list-style-type: none">-identifying the functions of fat for the body and what the two main types of fats are. Raising agents. <ul style="list-style-type: none">-what are Raising agents and their role in recipes. Practical- swiss roll		Food investigation: scones- to investigate raising agents <ul style="list-style-type: none">-following on from the theory that was learn about raising agents students will work in groups to explore the effectiveness of different types of raising agents using a basic scone recipe. Butter investigation <ul style="list-style-type: none">- using double cream, single cream and whole milk students will investigate which substances makes the best better, make observations and compare their conclusion with the hypothesises made.-students will undertake a sensory analysis of each outcome. Starch- gelatinisation <ul style="list-style-type: none">- Classification of sources and the role of starch. Practical- cheesy vegetable pasta in a roux sauce		Food investigation: pastry- to investigate types of fat <ul style="list-style-type: none">-students will work in groups to identify the best type of flour to make pastry with and why. Specialist diets <ul style="list-style-type: none">-understanding the importance of checking and planning for dietary requirements.-we will be looking at Lactose intolerance, Coeliac disease, Vegetarians, Vegans and nut allergies. Practical- Quiche Practical- Choux Pastry- Profiteroles.	
Content							
Rationale/ Linking							
Assessment		Assessment of practical- Swiss Roll Assessment of practical- Cheesy Vegetable Pasta in a Roux Sauce. Assessment of practical- Quiche Assessment of practical- Choux pastry- profiteroles.			Learning Resources	Food and Nutrition Work Booklet Eduqas GCSE Food preparation and Nutrition Text book	



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<ul style="list-style-type: none">Fruit and vegetablesPrinciples of nutrition	Milk, cheese, Cream and Yogurt.	Bread, cereals, flour, oats, rice and pasta.	Meat, fish, poultry and eggs.	Soya, tofu, beans, nuts and seeds.	Butter, oils, margarine, sugar and syrup.
Content	<ul style="list-style-type: none">Recap of the eat well guide.Explore the definition and the role of macronutrients and micronutrients in relation to human nutrition.Seasonality in terms of fruit and vegetables.How food is stored to best preserve it and avoid food waste.The wider considerations of the food industry, focusing on food miles and sustainability.In practical lessons Y10 develop their knife skills starting with basic chopping methods.Recipes include- lattice fruit pie, carrot cake, and vegetable curry.	<ul style="list-style-type: none">What is dairy and why is it important to the human diet. Where does milk come from and how is it processed to be safely consumed.Discuss the classification of dairy sources and how they can be used in recipes.Chemical and physical structure of dairy based products. Explore the process of pasteurisation and why this is an important step in milk production.Assess the range of dairy alternatives that are available in shops and conduct a sensory analysis of these.Demonstrate and explain how an emulsion is formed when making butter.Recipes that will be worked with include- egg custard tarts and macaroni cheese.	<ul style="list-style-type: none">Look at how cereals are grown, harvested and processed General structure of grain.Milling of wheat into flour - key processing stages.Primary and secondary processing of cereal products.Key stages in the bread making process Key stages in the pasta making processThe nutritional value of cereal products.Energy requirements, dietary fibre- soluble and insoluble B vitaminsRecipes that will be worked with include- ravioli, breads rolls and pizza.	<ul style="list-style-type: none">Animal types- what is consumed and what cuts of meat are used in recipes (links to methods of cooking - tender versus tough cuts, and cost).Poultry (including eggs) - how poultry is reared and slaughtered/how egg farming is conducted.Secondary processing: Cuts of meat and poultry, processing into bacon, ham, sausages, pies, etc.The science behind meat- the chemical and physical structure of meat, denaturation, coagulation and the Maillard reaction.Recipes that will be worked with include- chicken curry, Beef burgers (with bread rolls) and Salmon en crute.	<ul style="list-style-type: none">Recap on how/where soya, beans, nuts and seeds are grown, link to climate, soil types Organic verses non-organic Food miles Seasonality.Classification of this commodity.Nutritional values (include sources, functions, deficiencies, excess, daily requirements) Dietary considerations - specifically to soya, tofu, beans, nuts, seeds.Recipes that will be worked with include- carrot and lentil soup TBC	<ul style="list-style-type: none">Recap on Food miles (UK verses imported raw materials to make the butter, oil, margarine).Where is sugar cane and sugar beet grown?Organic verses non-organic, GM.Butter - how is butter made?Oils/margarine - growing of vegetable crop for oil production, include pressingProcessing of margarine - different oil types used, fortification.Recipes worked with include- pavlova, hollandaise source and Fresh fruit tarts (with crème patissière)
Rationale/ Linking	This module recaps and builds upon what students learn about a well balanced diet in year 9. this module also enables students to build up their basic cooking skills.	Y10 Food preparation and Nutrition follows the Eduqas Food reparation and nutrition Guidance for teachers, all topics covered in Y10 are necessary for the written exam in Y11.				
Assessment				Learning Resources	Equipment and ingredients appropriate to the dish that the class will be cooking.	

 THOMAS ALLEYNE'S HIGH SCHOOL  UTTOXETER LEARNING TRUST INSPIRED TEACHING INSPIRING CHILDREN			Curriculum Overview for: GCSE Food preparation and Nutrition		Key Stage 4 Academic Year Group: Y11	
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	NEA 1 Food Science Investigation (to be announced September 1 st 2023)	NEA 1 Food Science Investigation (to be announced September 1 st 2023)	NEA 2 Researching and trialling three dishes from a given brief (to be announced 1 st November 2023)	NEA 2 Researching and trialling three dishes from a given brief (to be announced 1 st November 2023)	Exam Preparation Recovering theory topics that were delivered in Y10	Exam Preparation Recovering theory topics that were delivered in Y10
Content	Following the brief given by the exam board students will undertake independent research and conduct a series of food science investigation.	Following the brief given by the exam board students will undertake independent research and conduct a series of food science investigation. Investigation findings will be evaluated and written up as part of the NEA1 coursework.	Following the brief given by the exam board students will conduct in-depth research from a variety of source. This research will be used to inform them of suitable dishes to make. The three chosen dishes and suitable accompaniments will be trailed and appropriate changes made.	Having researched and trialled three dishes students will sit a three hour exam whereby they will cook their three dishes. Students will write up their concluding piece of coursework for this NEA.	Concise revision sessions focussing on retrieval of knowledge.	Concise revision sessions focussing on retrieval of knowledge.
Rationale/ Linking	Theory knowledge gained from Y10 will apply to this NEA.	Theory knowledge gained from Y10 will apply to this NEA.	Practical skills learnt in Y10 will be put into practice this NEA.	Practical skills learnt in Y10 will be put into practice this NEA.		
Assessment	NEA1 coursework NEA2 coursework and Practical cooking exam 3hrs			Learning Resources	Eduqas GCSE Food preparation and Nutrition Text book	