John Taylor High School
Home of the National Forest Teaching School

Subject Curriculum Map:	Food preparation & nutrition	Year Group:	10

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	3.2 Food nutrition & health	3.3 Food Science	3.4 Food safety	3.5 Food choice	3.6 Food provenance	Review & Revision
Big Question	Food and Lifestyle: do I know what is good for me? What links diet and nutrition? What is a balanced diet?	Why do we cook food? Has food really got chemistry?	Why does food spoil and deteriorate? How can we keep food safe?	Who chooses what we eat? What's in a label?	Where does my food come from? How can we ensure food keeps coming?	What revision strategies work best for me?
Content	Theory • Macronutrients: Proteins, Fats, Carbohydrates • Micronutrients: Vitamins, Minerals, Water • Nutritional needs and health • Making informed choices for a varied and balanced diet • Energy needs • How to carry out nutritional analysis • Diet, nutrition and health	Theory • Cooking of food and heat transfer • Why food is cooked and how heat is transferred to food • Selecting appropriate cooking methods • Functional and chemical properties of food: proteins, fats & oils, carbohydrates, vitamins & minerals, fruits & vegetables, raising agents.	Theory • Food spoilage and contamination • Microorganisms and enzymes • The signs of food spoilage • Microorganisms in food production • Bacterial contamination • Principles of food safety • Buying and storing food • Preparing, cooking and serving food	Theory • Factors affecting food choice • Factors which influence food choice • Food choices • Food labelling and marketing influences • British and international cuisines • Sensory evaluation	Theory • Environmental impact and sustainability of food • Food Sources • Food and the environment • Sustainability of food • Food processing and production • Technological developments associated with better health and food production	• Review of all 'End of Unit Assessment Review' documents to prioritise revision • Recall & Retrieval • Low stake quizzes • Seneca/ GSCE Pod • Revision maps • Revision cards • Exam practice • Use of mark scheme
	3.1 Practical • Teen meal • Savoury pie variation • Veg soup/ Casserole/ Hotpot	3.1 Practical • Cheesecake/Creme caramel • Bakewell tart/ Maids of honour • Raising agent practical • Meringue	3.1 Practical • Fruit • Cottage/ shepherd/ fish pie • Intolerance dish	3.1 Practical • Fruit pie/Eve's pudding • Asian dish • Mediterranean dish • American dish • African food	3.1 Practical • Quiche/Tarts/Egg custard • Swiss roll/ Fruit flan • Pasta	3.1 Practical • Food investigation Task – experiments with chemical and functional properties (fats, raising agents, protein coagulation etc.)
Assessment	• Recall/ Retrieval quiz • Homework • End of Unit assessment	• Recall/ Retrieval quiz • Homework • End of Unit assessment	• Recall/ Retrieval quiz • Homework • End of Unit assessment	• Recall/ Retrieval quiz • Homework • End of Unit assessment	• Recall/ Retrieval quiz • Homework • End of Unit assessment	**Y10 Trial Exam** • AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation • AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation • including food made by themselves and others.

John Taylor High School Home of the National Forest Teaching School	Subject Curriculum Map:	Food preparation & nutrition	Year Group:	11	
Term	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	NEA Task 1 Food investigation	NEA Task 2 Food preparation assessment	NEA Task 2 Food preparation assessment	Review & Revision		
Big Question	2019-2020 Topic: Raising Agents	2019-2020 Topic: British Cuisine		What revision strategies work best for me?		
Content	Students will investigate the working characteristics and the functional and chemical properties of a particular ingredient through practical investigation. **Outcome:** Written or electronic report including photographic evidence.	Students will prepare, cook and present a final menu of three dishes to meet the needs of a specific context. Students must select appropriate technical skills and processes and create 3– 4 dishes to showcase their skills. **Outcome:** Written or electronic portfolio including photographic evidence authenticating the practical outcomes. Photographic evidence of the three final dishes must be included.		• Review of all 'End of Unit Assessment Review' documents to prioritise revision • Recall & Retrieval • Low stake quizzes • Seneca/ GSCE Pod • Revision maps • Revision cards • Exam practice • Use of mark scheme • Past examination papers		
Assessment	**External assessment** • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation. • AO3: Plan, prepare, cook and present dishes, combining appropriate techniques. • AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation • including food made by themselves and others.	**External assessment** • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation. • AO3: Plan, prepare, cook and present dishes, combining appropriate techniques. • AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation • including food made by themselves and others.	**External assessment** • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation. • AO3: Plan, prepare, cook and present dishes, combining appropriate techniques. • AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation • including food made by themselves and others.	**External Exam** • AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation • AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation • including food made by themselves and others.		