

Food Studies Curriculum

KS3 - Rotate approximately every 10 weeks to a different Design and Technology subject

Year Group	Content
7	<p>BIG PICTURE- Importance of a healthy diet/ cooking with colour</p> <p>Students will focus on the importance of eating 5 portions of fruit and vegetables a day. Students will gain knowledge of the functions of a wide range of nutrients and how to make healthy choices using the traffic light labelling system. For sustainability, students will learn about food seasonality.</p> <p>Recipes: Vegetable Spring Rolls; High-Energy Breakfast Bars; Blueberry Cruffins, Scone Pizza Pinwheels, Croque Monsieur, and Pear and Chocolate Marble Cake.</p>
8	<p>BIG PICTURE- Focus on starchy foods and energy balance/ Sauce making and hob control</p> <p>Students will focus on the role of starchy carbohydrates in our diet and the importance of fibre. Students will gain knowledge of our energy balance relating to calories in vs calories out. For sustainability, students will learn about cooking on a budget.</p> <p>Recipes: Ratatouille; Macaroni and Cheese; Spaghetti Bolognese; Pick and Mix Pasta Bake; Focaccia bread and Mascarpone Cheesecake.</p>

9	<p>BIG PICTURE- Advanced food hygiene/ Cultural street food style cooking</p> <p>Students' focus will be on food hygiene and safety in greater detail than years 7 and 8. Students will gain knowledge of food poisoning bacteria, food legislation and the role of the Environmental Health Officer. For sustainability, students will learn about reducing food waste.</p> <p>Recipes: Chicken Noodle Stir Fry; Quesadilla; Chana Masala and Chapati; Doughnut Muffins; Jamaican Patties and a ready steady cook challenge</p>
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Eduqas Level 1/2 Hospitality and Catering Unit 1 = online examination 40%; Unit 2 = project work and cooking examination = 60%

Full list of practicals for Year 10 - chocolate panna cotta; vegetable soup and soda bread; sticky toffee pudding; jerk chicken with rice and peas; frying pan pizza; fish pie and cinnamon twist bread.

Cupcakes, buttermilk scones and homemade jam, French Fruit Tarts, Profiteroles, Sausage rolls or vegetable option, Brownies

Risotto, Lasagne, Baked Ricotta Cheesecake, Tiramisu

All recipes can be adapted for different diets e.g. meat-free, dairy-free. No nuts are used at Bristnall Hall Academy food room.

Year Group	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
10	How to prevent food induced illness- a full food hygiene course. The practical cooking lessons will cover a range of core skills such as knife skills, bread making, piping, preparation of proteins and sauce making.	How the Hospitality and Catering industry is structured, including different job roles, types of food service and different types of establishments. The core skills recipe continues into half term 2.	How the kitchen and front of house operate. For example, documentation, layout and equipment requirements. Practical cooking lessons will cover a range of baking and patisseries.	How Hospitality and Catering businesses apply Health and Safety rules - for example, risk assessments. The baking course will continue into half term 4.	Students will start preparing for Unit 2 of the course which is their written project. Knowledge will focus around nutrition and different dietary needs for different groups. Practical cooking lessons will focus around Italian recipes	Students will continue with Unit 2 looking at different cooking methods and how Hospitality and Catering can be more sustainable.
11	Unit 2- Choosing suitable dishes and giving detailed reasons for choice. Unit 1- Revision of food safety.	Unit 2- practising dishes in the food room. Unit 1- Revision of structure of the industry.	Unit 2- Writing detailed time plans for their 2 chosen dishes. Unit 1- Revision of how the kitchen and front of house operates.	Unit 2- completion of cooking examination. Unit 1- revision of food safety laws	Full Revision across all topics.	Full Revision across all topics.