

Food Studies

Key Stage 3 Curriculum Overview

Year 7									
Lesson 1-4		Lesson 5-8		Lessons 9-10		Lessons 11-13		Lessons 14-18	
TOPIC TITLE: Getting ready to cook		TOPIC TITLE: Vitamins and minerals/ Traffic light system		TOPIC TITLE: Use of the grill		TOPIC TITLE: Nutritional analysis and evaluation		TOPIC TITLE: Food seasonality.	
Topics The 4 Cs Big 5 nutrients	Domains (Core knowledge and skills) Use of equipment- bridge and claw/electrical equipment Industry- food safety Explore cross contamination. Importance of fruit and vegetables	Topic: Focus on vitamins, minerals and food labelling	Domains (Core knowledge and skills) Building on KS2 knowledge. Embedding knowledge of big 5 nutrients and their functions and examples of foods.	Topics Use of the grill- adapting a recipe.	Domains (Core knowledge and skills) Use of equipment- grill To investigate and understand food safety when using the grill and recipe development.	Topics Explore food programme	Domains (Core knowledge and skills) To develop skills at looking at the nutritional content of foods and using subject-specific vocabulary in their writing.	Topics How food is grown and imported.	Domains (Core knowledge and skills) To understand the foods that are in season at different times of the year and why we don't always eat according to the seasons.
Prior Domains: Hand washing/basic hygiene at primary. Knowledge from home- washing up/ chopping skills/weighing and measuring. What keeps us healthy.		Prior Domains: Eatwell guide and healthy eating taught at KS2. Many students can not yet articulate the main function of each nutrients and where those nutrients are found in food.		Prior Domains: Basic knowledge of how to use the grill safely. How to follow a recipe independently.		Prior Domains: Apply knowledge of the main nutrients and healthy eating guidelines.		Prior Domains: Knowledge from geography and home of the seasons.	

Year 8									
Lessons 1-4		Lessons 5-10		Lessons 10-11		Lessons 12-15		Lessons 16-20	
TOPIC TITLE: Developing hygiene- Temperature zone		TOPIC TITLE: Starchy foods and Energy balance		TOPIC TITLE: Pasta Bake Creation- planning		TOPIC TITLE: Making and evaluation		TOPIC TITLE: Cooking to a budget.	
Topics The danger zone Starchy foods	Domains (Core knowledge and skills) To understand how pathogenic bacteria behaves at different temperatures. To expand nutritional knowledge through understanding complex carbohydrates To develop more complex chops using the bridge and claw method	Topics Sauce making and gelatinisation Energy balance	Domains (Core knowledge and skills) To investigate sauce making methods and confidence using the cooker top. To explore the role of starchy foods as part of energy balance and how this can affect health.	Topics Research and Planning- recipe development	Domains (Core knowledge and skills) Apply recipe knowledge and key words from practical work into their own pasta bake recipe. Use more detailed language when writing up recipe and especially hygiene and safety points. Show a range of independent cooking skills- chopping, sauce making, meat/protein cookery in practical	Topics Evaluation of practical work	Domains (Core knowledge and skills) To apply new vocabulary and sensory words to evaluate practical work.	Topics Cooking on a budget	Domains (Core knowledge and skills) To explore food sustainability To understand the cost of living in regard to food.
Prior Domains: Students will have a foundation knowledge of basic food hygiene and be able to recall the basic principal of cross contamination.		Prior Domains: Students will have learnt in science about the health effects of eating too many calories.		Prior Domains: Students will develop the recipe writing skills used in year 7. Using a wider range of ingredients and equipment.		Prior Domains: students will know a range of different skills related to pasta dishes and how adaptable those recipes are.		Prior Domains: Students may know what the weekly cost of food is.	

Year 9					
Lesson 1-5		Lesson 6-15		Lessons 16-18	
TOPIC TITLE: Food Poisoning, HACCP		TOPIC TITLE: The Environmental Health officer		TOPIC TITLE: Reducing food waste	
Topics Food Poisoning Bacteria Hazards and Controls	Domains (Core knowledge and skills) To explore a range of different food poisoning bacteria To apply food safety knowledge	Topics The E.H.O	Domains (Core knowledge and skills) To develop independence when cooking own recipe To explore the use of new ingredients To understand the roles and responsibilities of the E.H.O	Topics How food waste is a sustainability issue.	Domains (Core knowledge and skills) To explore special diets and allergens To understand their effect. To explain why businesses must know about special diets.
Prior Domains: Students will be able to use prior food hygiene knowledge from Yr 7&8- particularly temperature zones from yr 8		Prior Domains: Building on ingredients and equipment knowledge. Enhancing control of the cooker hob. Students will draw upon prior food knowledge such as pizzas/paninis		Prior Domains: Students will build on knowledge of food linked to sustainability- food miles/package and waste.	

Key Stage 4 Curriculum Overview

Year 10 UNIT 1 The Hospitality and Catering Industry											
Autumn Term 1A		Autumn Term 1B		Spring Term 2A		Spring Term 2B		Summer Term 3A		Summer Term 3B	
TOPIC TITLE: Food Hygiene- theory- LO4 Core skills- practical		TOPIC TITLE: Catering Industry- theory-LO1 Core skills- practical		TOPIC TITLE: Operations Front and Back of house- theory LO2 Health and Safety requirements- theory- LO3 Core skills- Baking/Patisserie		TOPIC TITLE: Propose specific provisions- theory- LO5 Italian Course- Practical		TOPIC TITLE: Nutrients Start unit 2- LO1		TOPIC TITLE: Menu Planning Start unit 2- LO1	
Topics Food related causes of illness Food Safety legislation Environmental Health Officer Food allergies	Domains (Core knowledge and skills) To know a range of food poisoning, conditions they need and symptoms. To understand the requirements of food safety legislation and the principles of HACCP To explore the role of the EHO. To understand the causes and symptoms of food allergies	Topics Structure of H&C industry Analyse job requirements Working conditions Factors affecting success	Domains (Core knowledge and skills) To understand a range of different catering systems To understand job roles and hierarchies in the workplace. To explore factors affecting a business's success To know a range of different contracts and training available	Topics Operations of front and back of house How to meet customer requirement Personal Safety in the workplace Risks in H&C Control measures for risks	Domains (Core knowledge and skills) Understand the 4 main operational areas of a catering kitchen. Explain the system of stock control Explore the workflow of front of House Be able to explain COSHH, RIDDOR and PPE and HASAWA	Topics Review options for H&C provision Recommend options for hospitality revision	Domains (Core knowledge and skills) Discuss advantages and disadvantages of different catering provisions. Explore current trends and unique selling points of businesses	Topics ALL LOs	Domains (Core knowledge and skills) To reapply all knowledge gained in Year 10. To engage with examination terminology	Topics Functions of nutrients Nutritional needs of specific groups Unsatisfactory nutritional intake Cooking Methods	Domains (Core knowledge and skills) To be able to explain a wide range of nutrients both micro and macro To explore specific diets. To be able to explain the effects from too much or too little of a nutrient Understand the importance of nutrients when cooking.
Prior Domains: KS3 food hygiene knowledge. Experiences of food poisoning from home. Knowledge of eating out.		Prior Domains: Will have a basic knowledge of the role of the chef. Know some names of different catering establishments.		Prior Domains: May know some points of safety and risk. Have a basic understanding of how a kitchen runs. Needs to be able to apply and use specific key terms.		Prior Domains: This LO incorporated knowledge from the previous 4 LOs. Students need to use this prior knowledge to access the merit/		Prior Domains: All previous work to be reapplied. Hygiene, Safety, Industry, Operations.		Prior Domains: Knowledge from KS3 food, Biology and those who also take GCSE Sport.	

			distinction question at the end of the written examination.		
--	--	--	---	--	--

Year 11- UNIT 2 Hospitality and Catering in action											
Autumn Term 1A		Autumn Term 1B		Spring Term 2A		Spring Term 2B NEA sent off for 5 th May		Summer Term 3A		Summer Term 3B	
TOPIC TITLE: Proposal of dishes		TOPIC TITLE: Production of dishes and Time Planning		TOPIC TITLE: Production of dishes and Time Planning		TOPIC TITLE: Revision		TOPIC TITLE: Revision		TOPIC TITLE:	
Topics Proposing dishes for menus How menus can address environmental issues Meeting customer needs	Domains (Core knowledge and skills) Understand factors to consider when menu planning Explore how food businesses can be sustainable.	Topics How to dovetail a selection of recipes	Domains (Core knowledge and skills) Explore further presentation skills and techniques	Topics Completion of cooking examination-March	Domains (Core knowledge and skills)	Topics ALL LOs	Domains (Core knowledge and skills) Revision	Topics ALL LOS	Domains (Core knowledge and skills) Revision	Topics	Domains (Core knowledge and skills)
Prior Domains: Build on knowledge from theory LOs such as environment and customer needs such as diets.		Prior Domains: Build on practical skills. Reapply skills from the course.									