



Why teach Food Preparation & Nutrition?

“Give a man a fish, and he will be hungry again tomorrow; teach him to catch a fish, and he will be richer all his life.”

Food and Nutrition in our school will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. Our curriculum will encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking that will open the door to one of the great expressions of human creativity. Learning how to cook being a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

Learning for Life and Careers

Employability skills

Literacy, Numeracy/ICT, Research, Creativity, Leadership, Organisation, Resilience, Initiative, Communication, Presentation and Collaborative Teamwork.

Linking the curriculum to careers:

Sensory Analyst, Chef, Research and Development, Nutritionist, Food Scientist, Food Stylist, Food Writer, Advertising, Food Critic, Media Communications, Hospitality.







Encounters with employers

Visits are organised for all year groups within the Art, Design and Technology department. Past visits have included Amazon, Victoria and Albert Museum, Big Bang Fair, Riverford Organic Farm, London Walk Talk Eat tours, Henry Moore Foundation.

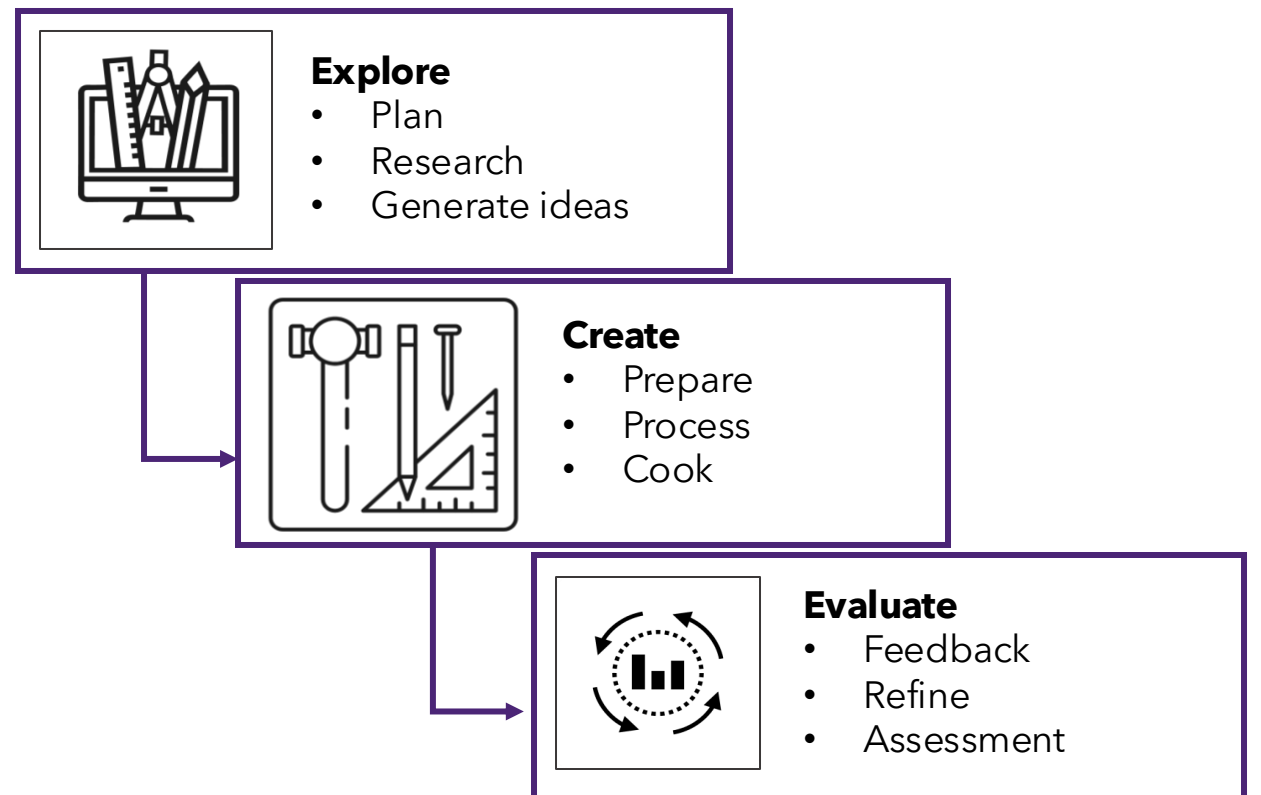
Examples of qualification pathways

Level 3 Food Science, Catering College Diploma, BSc Food Science and Nutrition

Substantive Big Ideas

Food Preparation & Cooking  Developing confidence in food preparation and cooking a range of recipes	Food Safety  How to apply health and safety procedures when preparing, cooking and storing food products
Food Choice  Factors that influence food choices	Food Science  The functional and chemical properties of ingredients
Food and Nutrition  The importance of a healthy balanced diet	Food Provenance  The functional and chemical properties of ingredients

Disciplinary Big Ideas





Prince William School







Food and Nutrition Curriculum Map – Topics by Term




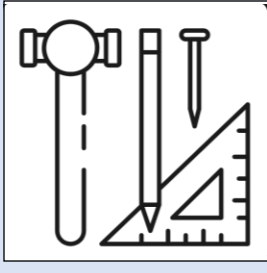
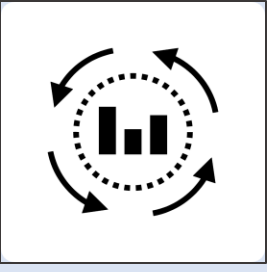
	Year 7	Year 8	Year 9	Year 10	Year 11
Topics Covered	9 x 100 minute lessons per academic year on half yearly rotation	19 x 100 minute lessons per academic year on half yearly rotation	9 x 100 minute lessons per academic year on half yearly rotation	57 x 100 minute lessons per academic year (33 x practical)	57 x 100 minute lessons per academic year
	<p>Practical lessons will include:</p> <ul style="list-style-type: none"> Fruit Salad Pizza Toast Pasta Salad Apple Crumble Goujons - chicken, veg or cheese Shortbread Scones <p>Skills:</p> <ul style="list-style-type: none"> Knife skills Using the grill Using the hob Using the oven The rubbing in method The creaming method Making a dough Coating Decoration Using equipment safely <p>Theory content through the rotation:</p> <ul style="list-style-type: none"> Health and Safety in the kitchen Food Hygiene Sensory Analysis Seasonal foods The Eatwell Guide 	<p>Practical lessons will include:</p> <p>Apple and cinnamon muffins Focus on bread making:</p> <ul style="list-style-type: none"> Bread rolls Pizza Cinnamon Rolls <p>Focus on pastry:</p> <ul style="list-style-type: none"> Group work on pastry Cheese straws/stars Samosas <p>Focus on cooking with high-risk foods:</p> <ul style="list-style-type: none"> Fajitas Bolognese or Chilli Kebabs Cheesy Bites Sponge cakes <p>Skills:</p> <p>All those covered in year 7 plus:</p> <ul style="list-style-type: none"> Using raising agents Enriched bread dough Making pastry - sweet and savoury Use of meat Making a Reduction Sauce <p>Theory content:</p> <ul style="list-style-type: none"> The science behind raising agents Food hygiene - key temperatures and storage Focus on Nutrition - macro and micronutrients, calories Using different fats Pastry - what can go wrong Food Packaging Vegetarianism Sustainability Fairtrade 	<p>Practical lessons will include:</p> <ul style="list-style-type: none"> Dorset Apple Cake / carrot cake muffins Curry Empanadas Savoury Rice/Risotto Set cheesecake Garlic and Herb Soda Bread Savoury Pancakes Swiss roll/yule log Meatballs <p>Skills:</p> <p>All those covered in 7 and 8 plus:</p> <p>Modification of recipes Use of gelatine/vege gel Shaping and forming</p> <p>Theory content through the rotation:</p> <ul style="list-style-type: none"> Recap of Food Hygiene: Food from different countries Primary and Secondary processing Food Waste 	<p>Autumn Term</p> <ul style="list-style-type: none"> Food Hygiene and safety <i>Enzymic Browning</i> Eggs - nutrition, function and <i>coagulation, denaturation, foams</i> Vegetables - classification, preservation, processing Prevention of spoilage Raising agents <p>Spring Term</p> <ul style="list-style-type: none"> Food provenance - source and supply Food security Factors affecting food choice Culinary tradition Bread - processing and production of grains - gluten formation, fermentation <i>Caramelisation</i> <i>Gelatinisation</i> <p>Summer Term</p> <ul style="list-style-type: none"> Nutrition - diet and health, micro and macro nutrients, energy balance Technological development of foods Processing and production of dairy products Practice NEA 1 Sensory testing - prefer <p>Practical Work</p> <p>A variety of practical work is completed through the year. The focus is to develop the key skills needed for Year 11.</p>	<p>Autumn Term / Spring Term</p> <ul style="list-style-type: none"> Formal NEA preparation NEA 1 Release Research Plan Investigate Conclude <p>NEA 2 -</p> <ul style="list-style-type: none"> Research Selection of three dishes Plan Trial Cost Analyse nutritional content of dishes chosen Make- 3 hr practical exam Evaluate NEA submission Revision for exam covering topics missed from specification <p>Summer Term</p> <ul style="list-style-type: none"> Revision for exam covering topics missed from specification
	<p>Practical lessons and their order may change due to circumstances/ingredient availability</p> <p>All practical lessons will have options to suit dietary needs.</p>				



Substantive Knowledge Progression

co		Year 7	Year 8	Year 9	Year 10 - 11
	Food Safety 	<ul style="list-style-type: none"> Identifying and preventing hazards in the kitchen Personal Hygiene Avoiding cross contamination Importance of cleaning and bacteria 	<ul style="list-style-type: none"> Food and Personal Hygiene High Risk Foods – storage, and cookery Key temperatures relating to food safety 	<ul style="list-style-type: none"> Reinforcement of hazards and prevention using electrical equipment Recap of Food Hygiene 	<ul style="list-style-type: none"> Conditions and control for bacterial growth, mould growth and yeast production Signs of food spoilage Helpful properties of micro-organisms Labelling, dates marks and using a reputable supplier Storage, cross contamination, high risk foods, critical temperatures
	Food and Nutrition 	<ul style="list-style-type: none"> Healthy balanced diets and The Eatwell Guide food groups Healthier cooking methods 	<ul style="list-style-type: none"> The Eatwell Guide and the nutrients provided by each of the food groups linking to own diet Nutrients and their functions Energy balance 	<ul style="list-style-type: none"> Reinforcement of key nutrition Modification of recipes 	<ul style="list-style-type: none"> Macronutrients and micronutrients including water and fibre – sources types and, functions, deficiencies recommended percentage of daily intake. The relationship between food intake and physical activity Individual energy requirements
	Food Science 	<ul style="list-style-type: none"> Conduction, convection and radiation Preventing enzymic browning in fruit 	<ul style="list-style-type: none"> How raising agents work How yeast works in the bread making process The functions of fat in pastry Conduction and convection 	<ul style="list-style-type: none"> Revisit the use of raising agents, fats in pastry Conduction and convection 	<ul style="list-style-type: none"> Why food is cooked and how heat is transferred through food The working characteristics and the functional and chemical properties of ingredient groups- carbohydrates, fats and oils, protein, fruits and vegetables and raising agents
	Food Provenance 	<ul style="list-style-type: none"> Seasonality of fruit and vegetables 	<ul style="list-style-type: none"> Sustainability and the impacts on the environment Fairtrade Primary processing methods of grains 	<ul style="list-style-type: none"> Food from different countries and how these have shaped our multicultural food choices 	<ul style="list-style-type: none"> Food source and supply- How ingredients are caught, grown and reared. Food processing and production Food security Technological developments
	Food Preparation & Cooking 	<ul style="list-style-type: none"> Practical lessons focus on building and reinforcing skills Use of all parts of the oven A variety of sweet and savoury dishes are made 	<ul style="list-style-type: none"> Practical lessons focus on building and reinforcing skills Build in Independence and how to follow a recipe Use of all parts of the oven A variety of sweet and savoury dishes are made 	<ul style="list-style-type: none"> Preparing and cooking a variety of dishes building on higher skills and techniques promoting independence in planning and adapting recipes Making and evaluating the end product. 	<ul style="list-style-type: none"> Practical skills medium to high practiced throughout KS4 Choux pastry, pasta making, enriched breads, butchery, filleting fish, pavlova NEA TASK 2: Research, demonstrate technical skills, skills trials, final menu, analysis and evaluation
	Food Choice  The aim is to develop, through theory and practical work, a confidence of why food choices are made and to make your own choices through knowledge that has been gained.	<ul style="list-style-type: none"> Developing a love of cooking from scratch Understanding of cost Sensory aspects of food and how they inform our food choices 	<ul style="list-style-type: none"> Factors that influence food choice – vegetarianism Labelling and marketing of food products Choosing foods for a healthier diet 	<ul style="list-style-type: none"> Opportunities to devised food based on own likes and dislikes. Links made to provenance of food 	<ul style="list-style-type: none"> Development of culinary traditions Personal, social and economic factors Religious, ethical and moral beliefs



	Year 7	Year 8	Year 9	Year 10 - 11	Year 12 - 13
<p>Explore</p> 	<ul style="list-style-type: none"> How different methods and processes affect outcomes How seasoning can affect foods 	<ul style="list-style-type: none"> How food can change with diets How different ingredients affect the outcome of dishes. The importance of science in food creation. 	<ul style="list-style-type: none"> Exploration of food science. Factors affecting food choices. 	<ul style="list-style-type: none"> How different methods of cookery and different techniques impact the outcome of products. Build on science of food practicals investing caramelisation, denaturation, coagulation 	<ul style="list-style-type: none"> Explores various materials such as the internet, TV Shows, Books and Social Media to research / prepare dishes and explore the potential to adapt recipes. Propose various alternatives to suit different dietary requirements.
<p>Create</p> 	<ul style="list-style-type: none"> A variety of dishes are created through year 7 enabling new skills to be tested. 	<ul style="list-style-type: none"> A variety of dishes are created. These dishes build on the knowledge from year 7. Through year 8 a confidence in different techniques and equipment are fostered to promote independence. 	<ul style="list-style-type: none"> Students build on work completed through year 7 and 8 and revisit key skills. Higher skilled recipes are attempted. 	<ul style="list-style-type: none"> Students will create a variety of dishes following the GCSE specification. Higher level techniques and skills are attempted 	<ul style="list-style-type: none"> Students will prepare and cook a variety of complex dishes incorporating theoretical understanding and knowledge.
<p>Evaluate</p> 	<ul style="list-style-type: none"> Students learn how to complete sensory evaluation. Basic judgements are made on practicals. Peer assessment of some activities are completed 	<ul style="list-style-type: none"> Students can confidently measure their success against the skills completed. They can suggest improvements. Students learn how to use star profiles . They complete evaluation of written work against criteria. 	<ul style="list-style-type: none"> Students evaluate their practical work, making judgements on their independence, their outcomes and ability to complete the skills- they can reflect on improvements and successes. 	<ul style="list-style-type: none"> Students evaluate their dishes. A detailed WWW and EBI is completed. They are required to answer questions about techniques. Students will start to reflect using the GCSE criteria 	<ul style="list-style-type: none"> Students evaluate their food against the GCSE criteria



Prince William School

Art, Design & Technology Disciplinary Vocabulary



Key Stage 3

Key Stage 4

Key Stage 5

← Reinforce Previous

← Reinforce Previous

← Reinforce Previous

Evaluate
Adjust
Judge
Experiment
Measure
Estimate
Modify
Conclude
Investigate
Reflect
Summarise

Audience
Complex
Contextual Knowledge
Convincing
Define
Inference
Interpretation
Judgment
Limitations
Link
Place
Purpose
Source
Time
Function and characteristics of ingredients

Analyse
assess
Argument
Calculate
Conclude
Critique
Debate
Developed
Evaluate
Stakeholder
Tone
Validity

Disciplinary Vocabulary



Prince William School

Art, Design & Technology Key Vocabulary



Key Vocabulary

Year 7

Hob
Oven
grill
Utensils
Nutrients
Nutrition
Eatwell Guide
Food groups
Chilling
Cooking
Temperature
Rubbing in
Creaming method
Dough
Rolling
Savoury
Coating
Seasonal
Peel
Bridge /claw
Personal hygiene

Year 8

Knead
Fermentation
Gluten
Enriched
glaze
Macronutrients
Micronutrients
Healthy Eating
Vegetarian
Vegan
High risk foods
Reduction
Plasticity
Sustainability
Carbon footprint
Fairtrade
Ingredient function
Calorie
Energy balance
Food hygiene

Year 9

Provenance
Multi-cultural
Shaping
Forming
Raising agents
Shaping
Culinary tradition

Year 10 - 11

Caramelisation
Dextrinisation
Denaturation
coagulation
Water soluble
Fat soluble
Coagulate
Conduction
Convection
Radiation
Enzymes
Fortification
BMR
DRV
Food security
Primary/secondary
processing
Fortification

Year 12 - 13

Phytochemicals
Fatty acids
Characteristics
Contaminants
Glycaemic index
Nutrient density
Metabolism
Critical control