The Vyne Community School- Curriculum Map

Subject: Food and Nutrition

Half term	Year 7	Year 8	Year 9	Year 10	Year 11
HT1	9-10 week Carousel		1 lesson a week	**NCFE Technical award Level 1-2 Food and Cookery** **3 lessons a week**	**NCFE Technical award Level 1-2 Food and Cookery** **3 lessons a week**
	Exploring food All about Food Introduction to Basic practical skills, Food safety and equipment use. Healthy eating guidelines. Eatwell guide . Focus on starchy foods, Fruit and veg and Dairy Schemes of work and resources	**Exploring food- Part 2** All about Food continued from Year 7 - recap food safety and equipment use. Foundation practical skills and focus on Protein foods and food choice. Year 8 schemes of work	**Diet and Health- (18 week module)** Recap food safety. Development of practical skills and confidence - with the emphasis on healthy eating . Diet and nutrition; focusing around the macronutrients- Energy, Carbohydrates, Obesity, Hydration and dietary fibre Micronutrinets Menu planning Year 9 schemes of work module 2	**Practical application** (1 lesson per week) - Content 5 -Food preparation, cooking skills and techniques - continues throughout the 2 year course. Scheme of work and resources **Content 1** **1. Health and safety relating to food, nutrition and the cooking environment.** 1.1 Safe and hygienic working practices relating to the individual and the cooking environment 1.2 Potential hazards and risks in the cooking environment 1.3 Hazard Analysis and Critical Control Point (HACCP) 1.4 Minimising risk in the cooking environment 1.5 Safe and hygienic working practices when using cooking equipment and utensils	Recap Contents 1-7 NEA Preparation and practise **Week beginning 5th of october** NEA started (60 % of final grade)- 16 .5 hours with 2 hour preparation time Schemes / revision materials schemes year 11

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HT2	**<u>Practical Application</u>** Knife skills (starting point) Cous cous salad Crumble (Rubbing in method/Baking) Quesadillas (Grill)	**<u>Practical Application</u>** Sushi (starting point) Fish fingers and Wedges Breakfast muffins Stir fry /Curry in a Hurry (depending on timing)	**<u>Practical Application</u>** **<u>(throughout the 18 weeks)</u>** Savoury rice Mini carrot cakes Pizza Wheels or pizza Fab frittata Tuna Pasta bake, Chili con carnie, Rogan Josh with rice Oaty apple crumble or Scones, Turkey burgers or fish cakes, Fajitas	**Content 2** **2: Food legislation and food provenance** 2.1 The Food Standards Agency (FSA) and food safety legislation 2.2 Food provenance 2.2.1 Grown 2.2.2 Reared 2.2.3 Caught 2.3 Food transportation 2.4 Food processing 2.4.1 Why food is processed 2.4.2 Advantages of processed food 2.4.3 Disadvantages of processed food 2.5 Food manufacturing 2.5.1 Why food is manufactured 2.5.2 Advantages of manufactured food 2.5.3 Disadvantages of manufactured food	**Week beginning 25th January** Task 2: Executing and Reviewing the Amended Recipe -Task 2(a): Preparing and Cooking **2.5 Hours 17th/18th Nov** Task 3(b): Preparing and Cooking- 2 course meal **Time Allocation: 2 hours** **8/9 December**
HT3				**Content 3** **3: Food groups, key nutrients and a balanced diet** 3.1. Food groups 3.2 The components of a balanced diet 3.2.1 Proportions of the food groups 3.2.2 UK government healthy eating tips 3.3 Nutrients 3.3.1 Sources and functions of macronutrients	NEA completed Task 4: Dietary Health Condition Specialism Task 4(a): Preparing and **Cooking-Time Allocation: 19th/20th January** **NEA Deadline week beginning 25th January**
HT4			**Making choice** **(18 week module)** ● Identify different special dietary needs (including food allergens, food intolerance, and religious/cultural needs).	**Content 3 (continued** **3: Food groups, key nutrients and a balanced diet**	Revision program

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			• Recap the dietary needs throughout life stages; • Investigate information and guidance available to the consumer regarding food labelling, availability, traceability, food certification and assurance schemes and animal welfare; • Explain the characteristics of ingredients and how they are used in cooking; Year 9 module 3 scheme of work	3.3.2 Sources and functions of micronutrients 3.3.3 Sources and functions of minerals 3.3.4 Sources and functions of water 3.4 Nutrient imbalances 3.5 Fibre 3.6 Nutritional requirements for different groups of people 3.7 Food-related health conditions 3.7.1 Health conditions 3.7.2 Intolerances 3.7.3 Allergies 3.8 Nutritional information on food labels	
HT5				**Content 4** **4: Factors affecting food choice** 4.1 Social factors 4.2 Environmental factors 4.3Seasonality	NCFE written examination 40% **(Early May 7th May 2027)** And completion of course
HT6			**Practical Application (throughout the 18 weeks)** Risotto, Spaghetti Bolognese, Cottage pie, Samosa or vegetable pasties, Mini quiche, Dutch apple cake, lasagne, Calzone/Be creative, Thai green curry and rice, Fish Pie	**Content 6 and 7** **6. Recipe amendment, development and evaluation**, 6.1. Recipe amendment 6.1.1 Amending and developing recipes 6.2 Evaluating completed dishes. **7. Menu and action planning for completed dishes.** 7.1 Interpreting a customer brief 7.2 Menu planning 7.3 Action planning 7.4 Evaluate the planning and outcome of completed dishes against the requirements of a customer brief	