

## Springwood High School Food Preparation & Nutrition Curriculum Plan

### **Our Vision:**

To improve young people's health and wellbeing through innovative food education and practical cooking skills

Exam boards: KS4 – AQA Food Preparation and Nutrition <http://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>

### **Brief overview of topics, themes, skills or key questions for each term:**

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Introduction to The Eatwell Guide: 5-a-day fruit and veg  Food Safety: personal hygiene, using sharp knives and cookers	Introduction to The Eatwell Guide: 5-a-day fruit and veg and introduction to healthy carbohydrates	Introduction to The Eatwell Guide: Starchy foods and fibre – eating less sugar	Students transfer to DT	Students transfer to DT	Students transfer to DT
	Practicals: Fruit Fusion Vegetable Couscous	Practicals: Apple Crumble Pizza Toast	Practicals: Fruity Flapjack Cheesy Scones			
8	Introduction to The Eatwell Guide: Dairy foods and alternatives  Food Safety: food spoilage and contamination, using high risk foods safely	Introduction to The Eatwell Guide: High protein foods	Introduction to The Eatwell Guide: Fats and oils	Students transfer to DT	Students transfer to DT	Students transfer to DT

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	Practicals: Macaroni Cheese Spaghetti Bolognese	Practicals: Fish and Chips Chicken Fajitas	Practicals: Cheesy Triangles Pizza			
9	Introduction to the GCSE: Rotary Club Young Chef Competition	Macronutrients: Protein in the diet  Functional and chemical properties of proteins (denaturing, coagulation, foams)	Macronutrients: Carbohydrates in the diet  Functional and chemical properties of carbohydrates (gelatinisation, dextrinization, caramelisation)	Macronutrients: Fats in the diet  Functional and chemical properties of fats and oils (emulsification, shortening, aeration, plasticity)	Micronutrients: Vitamins and Minerals in the diet	Introduction to Food Provenance: Field to Fork (see Holkham Hall Trip below)
	Practicals: Meal for a teenager using local produce	Practicals: Meat Chicken Fish Eggs	Practicals: Bread Cakes Pasta	Practicals: Pastry Sauces	Practicals: Vegetables Fruit	
10	Food Provenance  Cooking of food and heat transfer (conduction, convection and radiation)	Food Provenance  Food Investigation Week (mock NEA1)	Food Choice  Functional and chemical properties of raising agents (chemical, mechanical, biological)	Food Choice  Food Investigation Week (mock NEA1)	Food Safety  Food Investigation Week (mock NEA1)	Mock Written Exam Mock NEA2 Practical Exam
	Advanced Practical Skills: Portioning whole chicken, filleting whole fish	Advanced Practical Skills: Setting mixtures (quiche, trifles)	Advanced Practical Skills: Enriched doughs and complex pastries	Advanced Practical Skills: British and International Cuisine	Advanced Practical Skills: British and International Cuisine	

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11	NEA 1: Food Science Investigation Controlled Assessment (15% of GCSE Grade)	NEA2: Food Preparation Controlled Assessment (35% of GCSE Grade)	NEA2: Food Preparation Controlled Assessment (35% of GCSE Grade) – 3 Dishes in 3 hours practical	Revision: tips and techniques for the written exam, practise papers	Written Examination (50% of GCSE Grade)	
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### **Enrichment Activities:**

Super Learning Days: Yr 7 Smoothie Making (healthy eating, accurate weighing and measuring, taste-testing)

Competitions: Yr 9 Rotary Club Young Chef Competition (in-school competition in October/Nov, Local Finals at CoWA in January, District Finals at CoWA in February)

Trips: Year 9: Field to Fork Experience, Holkham Hall (compulsory) – June; Year 9: Local Chef Demonstration; Year 10: National Seafood Week, CoWA (compulsory) – October; Year 10: Tulip Foods Factory Visit, King's Lynn (compulsory) - March

### **Clubs & Support:**

- Year 7 and 8: Cookery Club (looking at running every Tuesday))
- Year 7: Pupil Premium Catering for Awards Evening (July)
- Year 9 and 10: Catering for Events (ad-hoc)
- Main Textbook: AQA GCSE Food Preparation and Nutrition (2016), A. Rickus, B. Saunder & Y. Mackay, Hodder Education, ISBN: 978 1 4718 6364 6
- Revision Guide: AQA GCSE Food Preparation and Nutrition Revision Guide (2017), A. Tull, Illuminate Publishing, ISBN: 978 1 911208 80 2