

Month		Term 1	Term 2	Term 3	
Cultural Transmission	Units of Work	<p><b>Food Nutrition and Health</b> Macronutrients: Proteins Macronutrients: Fat Macronutrients: Carbohydrates Macronutrients: Vitamins Macronutrients: Minerals and Water</p> <p><b>Nutritional Needs and Health</b> Making informed choices Energy Needs Nutritional Analysis Diet, Nutrition and Health</p>	<p><b>Cooking of Food &amp; Heat Transfer</b> Why Food is Cooked Selecting Appropriate Cooking Methods <b>Functional &amp; Chemical Properties of Food</b> Proteins Carbohydrates Fats and Oils Fruit and Veg Raising Agents <b>Food Spoilage &amp; Contamination</b> Micro-Organisms and Enzymes Micro-Organisms in Food Production Bacterial Contamination</p>	<p><b>Principles of Food Safety</b> Buying and Storing Food Preparing, Cooking and Serving Food <b>Factors Affecting Food Choice</b> Factors Which Influence Food Choice Food Choices Food Labelling and Marketing Influences. <b>British/International Cuisines</b> <b>Sensory Evaluation</b> <b>Environmental Impact and Sustainability of Food</b> Food and the Environment Sustainability of Food Food Processing &amp; Production Food Production Technological Developments Associated with Better Health</p>	
	Specification	Paper 1 - 3.2 NEA 1 & NEA 2 – 3.1 & 3.7	Paper 1 – 3.3 NEA 1 & NEA 2 – 3.1 & 3.7	Paper 1 – 3.5 & 3.6 NEA 1 & NEA 2 – 3.1 & 3.7	
	Substantive Knowledge	<i>The What!</i>	<p><b>Cooking of all food groups -</b> Meat Fish Dairy Wheat</p> <p><b>Dietary needs of our body</b></p>	Next section of exam spec – students need to know why food is cooked and about the different cooking methods. After learning about the functional and chemical properties of food, they learn how these can be affected through food spoilage and contamination. Learning about heat transfer and functional and chemical properties of food. Learning about food spoilage and contamination.	Building on prior knowledge- moving on to the next section of the spec – principles of food safety and food choice. Final part of the theory knowledge to be learned for the exam.
	Disciplinary knowledge	<i>The How!</i>	Weighing, Ratios, Measuring, Proportions, Timing, Temperatures Learn about nutritional needs of people of different ages and with different conditions.	Weighing, Ratios, Measuring, Proportions, Timing, Temperatures.	Learning about the principles of food safety and the factors that affect people’s food choices. Students will learn about a range of cuisines, as well as sensory analysis, British and international cuisine and food processing and production. Weighing, Ratios, Measuring, Proportions, Timing, Temperatures.
	Sequencing (Fid)	<i>Retrieval &amp; Ext</i>	Recapping practical skills in year 7, 8 and 9. Builds on understanding of nutrition and health – moving on to nutritional needs for different people.	Recap on Cooking of Food and Heat Transfer and Functional and Chemical Properties of Food	Recap on Food Spoilage and Contamination. Recap on Principles of Food Safety and Factors Affecting Food Choice
	Summative Assessment		Practical cook and practice questions on Food, Nutrition and Health. Practical cook and practice questions on Nutritional Needs and Health.	Practical cook Practical cook combined with exam questions	Exam questions relating to topic. Practical tasks relating to topics.
Personal Empowerment	Virtue	The opportunity to reflect, think deeply and critically about an issue.	<p>Courage – To try new skills Stillness – Remaining calm when things go wrong and stillness when doing exam questions Good temper/humour – When things go wrong in practical work Gratitude – For the equipment and opportunities to create a range of dishes</p>	<p>Good sense – Considering the food choices people make and why Generosity – Sharing time to help others. Compassion – Showing compassion for those who cannot eat certain foods due to allergies and intolerances.</p>	
	Link to Virtue				
Preparation for Work	Skill	Transferable skills	<p>Staying positive – When things do not always go according to plan in practical work Creativity – Showing a wide range of creativity when creating dishes Gratitude – For the equipment and opportunities to create a range of dishes Teamwork – Practical pairs Problem solving – Adapting recipes when needed for success.</p>	<p>Team work – Cooking in pairs Staying positive – When things do not go according to plan Aiming high – Aiming for high level technical skills in practical work and trying exam questions</p>	
	Link to Skill				
Preparation for Citizenship	SMSC & British Values	Developing opinions on current issues	<p>Social – working together in pairs Evaluating others’ work Culture – exploring dishes from different cultures</p>	<p>Social – working in pairs Evaluating the work of others Culture – exploring dishes from different cultures</p>	
	Link to SMSC & British Values				