

KS4 Curriculum FPN

CURRICULUM INTENT? What does Food Preparation and Nutrition help young people achieve at KS4? Why have you made these curriculum choices?

Intent- to enable students to prepare a cook a range of nutritious, healthy dishes for themselves and others including those with special dietary needs. Students will know how to store a range of foods safely and will be aware of the impact their food choices have on the environment and how to minimise this. To prepare students for careers in food related industries.

TERM BY TERM BREAKDOWN – Knowledge acquired and skills developed:

	Year 10 Course Outline	Year 11 Course Outline	Opportunities beyond the classroom
Autumn Term	<p><i>Knowledge:</i> Commodities to include-buying, nutritional value (link to specific groups need and loss during cooking) storing, use in cooking. Include 1 practice NEA 1 e,g use of different starches to make sauce or different flours for bread. Nutrition through life stages</p> <p><i>Key Skills:</i></p> <p>Creaming method cake-gateaux Shortcrust pastry-fruit pie/savoury mince pie Choux pastry-eclairs or profiteroles Using puff pastry-chicken and leek pie Making puff pastry-apple turnover. Evaluate practical</p>	<p><i>Knowledge:</i> Teaching related to NEA 1 topics. Recap how to make a fair tests, methods of recording results, how to write up NEA 1 NEA 1- 8 hours Revision for December exam-topics dependent on exam paper given</p> <p><i>Key Skills:</i></p> <p>Planning an investigation ,analysing results. Writing orders of work. Evaluating practical Time management Skills analysis Answering longer answer questions.</p>	<p>Royal navy Ready Steady Cook</p> <p>Colchester Institute Roadshow</p> <p>Help with Open Morning</p> <p>Help with Junior Masterchef Competition</p>

<p style="text-align: center;">Spring Term</p>	<p><i>Knowledge: Revision of nutrition</i> <i>Mock NEA 2-Special diets. Action plans, methods of research, reasons for choice, order of work, shopping lists, evaluations.</i> <i>Factors affecting food choice including reducing carbon footprint, food spoilage and its causes/prevention.</i> <i>Raising agents-scone experiment NEA 1 practice.</i> <i>Food science-through recipes-revision gelatinisation, caramelisation, gluten formation, coagulation.</i></p> <p><i>Key Skills:</i></p> <p><i>Lasagne-dry frying, reduction sauce, roux sauce (gelatinisation)</i> <i>Enriched bread rolls-cinnamon rolls -revision of gluten formation, use of milk and egg to enrich dough, factors affecting yeast.</i> <i>Quiche-baking blind-coagulation</i> <i>Bread and butter pudding or savoury cheese and tomato pie-coagulation</i> <i>Swiss roll/roulade -air as the main raising agent.</i> <i>Marble cake-self raising flour (baking powder -as raising agent)</i> <i>Gingerbread-bicarbonate of soda as raising agent.</i></p>	<p><i>Knowledge:</i> <i>Cooking methods and their effect on nutritional value. Methods of heat transfer.</i> <i>Technology- methods of farming (including GM foods), preservation, media and food choice.</i> <i>Food styling.</i> <i>NEA 2</i></p> <p><i>Key Skills:</i></p> <p><i>Dovetailing, time management , jointing chickens, advanced cake decorating e.g piping chocolate to make decorations, garnishes.</i> <i>Comparing own dishes to others and using comparison to suggest improvements.</i></p>	
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Summer Term	<p><i>Knowledge:</i></p> <p><i>Packaging-function (link to preservation), types (link to sustainability), labelling-law including allergens.</i></p> <p><i>Food and culture- NEA 2 based on specific country of students' choice</i></p> <p> </p> <p><i>Key Skills:</i></p> <p><i>Bakewell tart-pastry, frangipani (make own raspberry jam)</i></p> <p><i>Making pasta-ravioli or tagliatelle</i></p> <p><i>Calzone -chicken and mushroom or bolognaise filling. Revision of bread making-shaping and sealing.</i></p> <p><i>Fish cakes-shaping and enrobing</i></p> <p><i>Meatballs-shaping</i></p> <p><i>Order of work</i></p> <p><i>Research methods.</i></p>	<p><i>Knowledge:</i></p> <p><i>Revision -topics to be lead my students but will cover nutrition, briefly commodities, choice of ingredients, food hygiene, sustainability and reducing waste</i></p> <p> </p> <p><i>Key Skills:</i></p> <p><i>Revision techniques. Answering exam questions.</i></p>	
Key Independent Learning Resources		GREAT READS	
<p>Online textbook</p> <p>GCSE Pod</p> <p>SENICA</p> <p>SAM Learning</p> <p>Revision Guide</p>		<p>The Science of Cooking Food Dr Stuart Farrimond</p> <p>Food facts Delia Clarke and Elizabeth herbert</p> <p>Any book about food</p>	