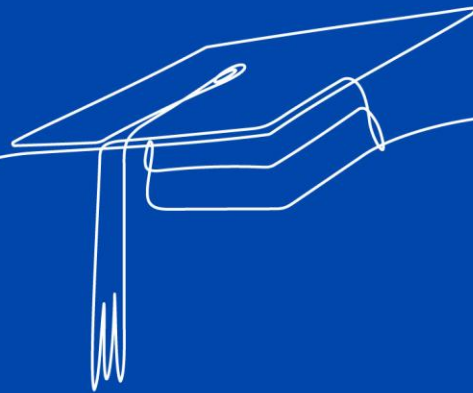




ACHIEVING MORE TOGETHER

Food & nutrition curriculum overview



Food & nutrition at [school]

Key stage 3, Years 7, 8 and 9

Our KS3 food curriculum gives pupils essential knowledge about nutrition, healthy eating, and food safety. They develop practical cooking skills and an understanding of where food comes from, enabling them to make informed choices about their diet and wellbeing.

Our intent is for pupils to leave KS3 with the confidence to design, make, and evaluate thoughtfully, with the practical life skills needed for a healthy, sustainable future, and with the enthusiasm to study food further.

Key stage 4, Years 10 and 11

Our KS4 GCSE Food curriculum is designed to prepare pupils for success in the Food Preparation and Nutrition GCSE using the AQA exam board.

Building on strong foundations from KS3, pupils will learn to apply the core concepts in food preparation and nutrition. They will learn practical cooking skills to develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials.

As well as leaving KS4 with a strong qualification in GCSE Food Preparation and Nutrition, our intent is that this curriculum sets pupils up with the skills that will allow them to pursue a future in many related careers.

GCSE course information

Exam board	AQA
Course	GCSE Food Preparation & Nutrition (8585)
Specification and resources	https://www.aqa.org.uk/subjects/food-preparation-and-nutrition/gcse/food-preparation-and-nutrition-8585

Year 7

Year 7 is a skills-building year focused on introducing pupils to a range of core cooking processes, equipment, and materials through practical work. Pupils develop foundational knowledge of food and cooking, which is then applied and built upon throughout Key Stage 3.

Preparation and evaluation are taught through practical lessons with short, focused activities. Pupils cook a variety of dishes and use different types of equipment so that they develop foundational skills. More advanced technical knowledge is developed in Year 8.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Food Around the World: Italy – Introduction to kitchen equipment, food hygiene, health and safety, and basic practical skills		Food Around the world: India. Basic bread making and advanced cookery skills. Food choices and cultures		Food Around the world: China Advanced cookery skills stir-frying and knife skills.	

Assessments will take place in January and June and we will share revision information a few weeks before each assessment.

Year 8

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Food Around the world: Mexico, recapping health and safety, kitchen competency and advance cookery skills.		Food Around the world: Spain Food provenance and food science investigations.		Food Around the world: Ireland Food science, bread making. Cultural food choices.	

Assessments will take place in January and June and we will share revision information a few weeks before each assessment.

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Food Around the world: Greece Food Science and Nutritional understanding. Food labelling, traffic light systems and micronutrients. Research and presentation activities develop nutritional understanding.		Food Around the world: Thailand Food provenance and food science investigations.		Food Around the world: The UK Fats, pastry making and exam-style questions. Practical work focuses on short crust and rough-puff pastry.	

Assessments will take place in January and June and we will share revision information a few weeks before each assessment.

Year 10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Introduction to GCSE Food Preparation and Nutrition, including core theory and advanced practical skills.	Further study of nutrition, food science and food provenance alongside practical skill development.	Pasta making & dish practical Bread & gluten (food science) Breads from around the world practical Food additives	Core knowledge revision, practical skill refinement and mock examination preparation.	Fats introduction Practical: short crust pastry Exam techniques (BUG, PEEL) Practical: rough puff pastry Assessment	Preparation for NEA 1 through planning, trialing and developing dishes.

Assessments will take place in April and we will share revision information a few weeks before each assessment.

Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
NEA 1: Non-examined assessment. Investigation in the function of ingredients. (15% overall GCSE grade).		NEA 2: Non-examined assessment. Planning and preparation for cookery exam. (35% overall GCSE grade).		<i>Exams</i>	<i>Exams</i>
Revision of Core knowledge with mock preparation.		NEA 2: Non-examined assessment. Planning and preparation for cookery exam. (35% overall GCSE grade) Revision for GCSE			

Mocks will take place in November and February and we will share revision information a few weeks before each assessment.