KS3 Food & Nutrition

MAIDEN ERLEGH
CHILTERN EDGE

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 7 **1Hr**	Fruit kebabs and smoothies (safe cutting) Scones (rubbing in) Bread (kneading/ experiment recording yeast reaction)	Ragu Pasta Sauce (reduction sauce, safe use of hob) Jam tarts (blind baking, decoration) Fish goujons (protein, enrobing)	Function of nutrients/ Eatwell salad in a jar Macaroni cheese (roux sauce, gelatinisation) Fruit muffins Adapt a recipe- biscuits	Design Tech Rotation	Design Tech Rotation	Design Tech Rotation
YEAR 8 **1Hr**	Pizza - Italian Enchiladas - Mexican Sweet and sour chicken and rice - Chinese	Chicken and vegetable cous cous – Moroccan Vegetarian diet (star diagrams) Spaghetti Bolognese- Italy	Healthy Hamburger- USA Afternoon Tea/ Challenge- British dishes Chocolate Brownies (USA) Adapt a recipe/ Time planning – curry	Design Tech Rotation	Design Tech Rotation	Design Tech Rotation
YEAR 9 **1Hr**	Mini pancakes (food miles) Honeycomb experiment (raising agents) Frittata (free range) Seasonal soup.	Chocolate brownies (fair trade) Calzone (breadmaking/ raising agents) Shortcrust pastry- jam tarts/ fruit tartlets (shortening)	Samosas (food waste) Puff pastry (raising agents) Swiss roll NEA2 style task- own recipe	Design Tech Rotation	Design Tech Rotation	Design Tech Rotation

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	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 10 **Theory** **3Hrs**	Introduction to course, set expectations, target grades, and assessment methods. General recap on nutrition. Concept of provenance, how the commodity is grown. Classification of fruit and vegetables. Commodities- including processing. Storage and food safety Nutritional values (sources, function, deficiencies, excess, daily requirements) Dietary considerations (Eatwell Guide) Enzymic browning and oxidisation. (Enzymic browning experiment/ recording scientifically) Introduce concept of NEA1 Understanding dietary reference values (EAR/ RNI/ Safe intake) BNF article Plan a dish suitable for one group listed under dietary considerations (eg high fibre for iron deficiency.) Use a nutritional analysis programme to calculate nutrients and analyse data	Provenance, how this commodity is grown/ reared and processed Primary and secondary processing (pasteurisation/ storage/ food hygiene and safety) Nutritional values (sources, functions, deficiencies, excess, daily requirements) Dietary considerations Food science- make butter Practice NEA1- look at hypothesis, testing and recording methods Writing up NEA1's, looking at grade boundaries/ marking criteria	Plan a dish suitable for one group under Dietary requirements (religion, budgets, health, vegetarian etc) Use a nutritional analysis program to calculate nutrients and analysing data, cost dish and justify choices. Time planning, shopping and equipment list Primary and secondary processing. Looking at wheat milling into flour, classifications. Cereals- continued, looking at pasta, rice. Including storage and food hygiene and safety. Nutritional values, functions, deficiencies, excess, daily requirements. Dietary considerations. Food science- Conduct and write up an experiment- tie into raising agents Plan a dish suitable for a dietary requirement- ie high fibre, gluten free, suitable to diabetic etc. Calculate nutrients/ analyse date – use nutritional analysis programme.	How this commodity is reared and processed. Concept of provenance Primary and secondary processing, include food storage and safety. Fish and shellfish Proteins/ fat, Energy balance, changing nutritional requirements, alternative proteins- LBV/HPV, complementation Food labelling. Allergies, legal requirements, traffic light system. Packaging (environmental issues)	How this commodity is reared and processed. Concept of provenance Primary and secondary processing, include food storage and safety. Fish and shellfish Proteins/ fat, Energy balance, changing nutritional requirements, alternative proteins- LBV/HPV, complementation Food labelling. Allergies, legal requirements, traffic light system. Packaging (environmental issues)	Revision of key topics Mock NEA2 Mock NEA1 Mock written exams Walk through mocks, looking at mark scheme, how to build higher marks. Upskilling dishes, looking at skills levels for different dishes (recapping on key components)

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YEAR 10 **Practical** **3Hrs**	Vegetable soup. Includes fine cutting skills, (julienne, dicing, freezing). Taste test exotic fruit, Pineapple upside down cake (cake making methods) Cauliflower and broccoli cheese (sauce making) Write up experiment. Primary and secondary research Dish selected by learner	Panna cotta/ rice pudding/ custard Halloumi and vegetable kebab Quiche (intro to pastry) Crème caramel (setting agents) Raising agents/ eggs and coagulation Analysis/ Secondary research ideas, referencing sources	Practice for NEA2 task skills Basic bread rolls/ focaccia Risotto Ravioli/ pasta making- develop pasta dough into a product. Write up using key skills	Portioning chicken (freezing portions to use in practicals Chicken goujons/ rolled stuffed chicken thighs (using portioned chicken) Filleting fish Practical- fish pie/ enrobing/ Practical- vegetarian dish, lentil/ chickpea curry. Present a ready made meal. Presentation skills, analysis of labels, improvements to health content.	Recap on primary/ secondary processing. Rough puff pastry/ linked product to develop skills Choux pastry Mayonnaise Lemon meringue pie Mock NEA1 opportunity	Mini topic, 2 dish practical tied to brief, with research and evaluation Mini topic, showing investigation, research, experiments, hypothesis, and conclusion 1hr 45 paper.

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	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 11 **Theory** **3Hrs**	Recap on principles of NEA1. Conduct an unrelated mini NEA1 Recap on recording methods/ analysing data Nutrition- functional and chemical properties. Investigation/ Planning for Task Practical experiments Write up NEA1	Food presentation/ higher range skills practiced. Cultural foods/ Dietary requirements Preparation how to be successful in NEA2s Recap on key skills Introduce brief for NEA2 Independent research	Trial 1 Trial 2 Practicals NEA2 Write up NEAs Revision of commodities Revision of nutrition- macro nutrients	Revision of nutrition- micro nutrients Revision of water and dietary fibre Revision of diet and good health Revision of Food science- heat transfer, appropriate cooking methods Food science- functions of macro and micro nutrients Food spoilage/ positive use of microorganisms in food production	Food safety/ allergies / legal requirements Food provenance Food manufacture and processing Revision of food choices, dietary, cultural, food labelling and marketing Recap using Kahoot/ Seneca/ Exam Questions	
YEAR 11 **Practical** **3Hrs**	NEA1 brief is released Computer room required	NEA2 brief is released Ingredients provided. Tunnocks teacake challenge, look at fine finishing techniques. Practice higher level skills. Look at exam requirements, mark scheme, and structure of NEA2 documentation Devising questionnaires, referencing research, gathering ideas/ recipes to meet brief requirements. Computer room required.	Practical trials. Photograph/ evaluate and write up. Computer room required Practical trials. Photograph/ evaluate and write up. Computer room required. Day off time table required, to complete mis en place, practical exam, evaluation, examiner notes/ recordings Computer room required			