

**Curriculum Subject: Food**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>YEAR 7</b>	<ul style="list-style-type: none"> <li>Introduction to Hygiene &amp; safety</li> <li>Preparation of ingredients and equipment</li> <li>Knife techniques - Bridge &amp; Claw</li> </ul>	<ul style="list-style-type: none"> <li>Chopping and Cutting method</li> <li>Safe oven use</li> <li>Make a dough</li> </ul>	<ul style="list-style-type: none"> <li>Weigh and measure</li> <li>Portioning</li> <li>Using Spices</li> </ul>	<ul style="list-style-type: none"> <li>Use of raising agents (Whisking method)</li> <li>Making a batter</li> <li>Melting method</li> </ul>	<ul style="list-style-type: none"> <li>Dicing method</li> <li>Water based methods using a hob</li> <li>Boiling and Simmering</li> </ul>	<ul style="list-style-type: none"> <li>Working with Chicken</li> <li>Coating and Seasoning</li> <li>Baking</li> </ul>
	KS2 Continuity					
<b>YEAR 8</b>	<ul style="list-style-type: none"> <li>Judge and manipulate sensory properties (flavouring)</li> <li>Shaping and Binding method</li> <li>Test for readiness (Temperature probe)</li> </ul>	<ul style="list-style-type: none"> <li>Bread making</li> <li>Rolling out method and Dough making</li> <li>Baking</li> </ul>	<ul style="list-style-type: none"> <li>Sauce making – reduction sauce</li> <li>Frying and Browning</li> <li>Simmering</li> </ul>	<ul style="list-style-type: none"> <li>Rubbing in method</li> <li>Pastry making and Setting</li> <li>Baking</li> </ul>	<ul style="list-style-type: none"> <li>Adapting a Recipe</li> <li>Tenderise and marinate</li> <li>Select and adjust cooking process (grilling).</li> </ul>	<ul style="list-style-type: none"> <li>Using of equipment (Food processor)</li> <li>Gelation</li> <li>Zesting and Juicing</li> </ul>
<b>YEAR 9</b>	<b>Food Commodities / International Foods</b>	<b>Nutrition</b>	<b>Health and wellbeing</b>	<b>Food Science</b>	<b>Food Science</b>	<b>Food Provenance</b>
	<ul style="list-style-type: none"> <li>Making a roux sauce</li> <li>Yeast cooking</li> <li>Study of international foods and create dish of choice</li> </ul>	<ul style="list-style-type: none"> <li>Macronutrients and Micronutrients</li> <li>Carbohydrates</li> <li>Proteins (HBV and LBV) and Fats</li> </ul>	<ul style="list-style-type: none"> <li>Diet related diseases</li> <li>Good diets vs Bad diets</li> <li>Food label analysis - Adapting a recipe to make it healthier</li> </ul>	<ul style="list-style-type: none"> <li>Using Scientific principles</li> <li>Dishes made in different ways</li> <li>Evaluating ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Caremilisation</li> <li>Gluten and yeast</li> <li>Thickness viscosity</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal calendar</li> <li>Using seasonal ingredients</li> <li>Food miles focus</li> </ul>
	Options Round 1					
<b>YEAR 10</b>	<b>Commodities; Bread, Flour, Cereals</b>	<b>Commodities; Eggs, Dairy, Desserts, Sugar</b>	<b>Commodities; Meat, Poultry, Cooking methods</b>	<b>Commodities; Meat substitutes, Fish, Milk and Cream</b>	<b>Commodities; Pulses, Rice, Potatoes, Pasta</b>	<b>Commodities; Vegetables, Pastry</b>
	<ul style="list-style-type: none"> <li>Value of commodity in a diet</li> <li>Features and characteristics</li> <li>Origins of each commodity</li> </ul>	<ul style="list-style-type: none"> <li>Value of commodity in a diet</li> <li>Features and characteristics</li> <li>Origins of each commodity</li> </ul>	<ul style="list-style-type: none"> <li>Value of commodity in a diet</li> <li>Features and characteristics</li> <li>Origins of each commodity</li> </ul>	<ul style="list-style-type: none"> <li>Value of commodity in a diet</li> <li>Features and characteristics</li> <li>Origins of each commodity</li> </ul>	<ul style="list-style-type: none"> <li>Value of commodity in a diet</li> <li>Features and characteristics</li> <li>Origins of each commodity</li> </ul>	<ul style="list-style-type: none"> <li>Value of commodity in a diet</li> <li>Features and characteristics</li> <li>Origins of each commodity</li> </ul>
	Options Round 2					
<b>YEAR 11</b>	<b>Principles of Nutrition</b>	<b>Life stages</b>	<b>Writing NEA 1 Food Investigation (15%)</b>	<b>Writing NEA 2 Food Preparation (35%)</b>	<b>Food Safety and Revision</b>	<b>External exams</b>
	<ul style="list-style-type: none"> <li>The basics</li> <li>Macronutrients</li> <li>Micronutrients</li> </ul>	<ul style="list-style-type: none"> <li>Medical diets</li> <li>Religious and Ethical diets</li> <li>Deficiencies</li> </ul>	<ul style="list-style-type: none"> <li>Research / plan task</li> <li>Investigate function, characteristics</li> <li>Analyse and evaluate task</li> </ul>	<ul style="list-style-type: none"> <li>Investigate and plan task</li> <li>Prepare, cook, and present three dishes</li> <li>Evaluate; selection, preparation, cooking and presentation</li> </ul>	<ul style="list-style-type: none"> <li>Key strategies</li> <li>Teacher to review specification and determine which aspects may not have been covered sufficiently and revisit</li> </ul>	

**St Bede's Curriculum Design Principles**

Within subjects: depth, relevance, sequencing, spacing

Between subjects: breadth, cultural capital, coherence, progression, interlinking