

SUNNYDOWN SCHOOL

FOOD & NUTRITION CURRICULUM PLAN



Subject	Food & Nutrition	Year group	Y10
Subject Intent	Students will be following a BTEC Home Cooking Skills course either at Level 1 or Level 2. This course equips the students with the knowledge, understanding and skills required to cook and apply the principles of nutrition and healthy eating. It enables students to make informed decisions about food and nutrition and allows them to acquire knowledge to be able to feed themselves and others affordably and nutritiously, now and later in life. Students will be able to demonstrate safe and effective cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment.		

Term	Topic	Core learning	Key concepts	Sequencing
Autumn 1	Breakfast and lunch	<p>Technical knowledge: Understanding how healthy eating guidelines can be implemented at all times of the day.</p> <p>Practical Skills: Health and safety in the kitchen, frying, poaching, grilling, toasting, spreading, chopping, slicing, rolling, shaping, boiling, simmering, dividing evenly and baking.</p> <p>Idea Development: Flavour and recipe development with the opportunity to add alternative ingredients to a variety of recipes.</p> <p>Evaluation: Evaluating the dishes cooked and the skills used by building a portfolio of evidence. Advancing food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Healthy choices ● Nutritional content ● Macronutrients ● Micronutrients ● Economising ● Breakfast ● Lunch ● Plating up ● Presentation ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Knowledge gained throughout the KS3 curriculum. Links to previous learning of the nutrients provided in food and the principles of nutrition and health when making a variety of breakfast and lunch dishes.</p> <p>Building towards... Advancing understanding and application of the principles of nutrition & health and breaking down the nutritional content of a dish. Becoming competent in a range of cooking techniques.</p>

<p>Autumn 2</p>	<p>Salads, breads and special occasion baking</p>	<p>Technical knowledge: Understanding how to add nutritional content to dishes. Safe use of all equipment and utensils.</p> <p>Practical Skills: Health and safety in the kitchen, chopping, slicing, kneading, shaping, seasoning, boiling, simmering, dividing evenly, baking, rolling and decorating.</p> <p>Idea Development: Flavour and recipe development with the opportunity to add alternative ingredients and designs to a variety of recipes.</p> <p>Evaluation: Evaluating the dishes cooked and the skills used by building a portfolio of evidence. Advancing food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Nutritional content ● Seasonality ● Fairtrade ● Food miles ● Provenance ● Convenience foods ● Economising ● Seasoning ● Yeast ● Fermentation ● Proving ● Decoration ● Presentation ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Previous knowledge of Fairtrade, seasonality, food miles and provenance. The importance of fruit and vegetables and how to cook economically.</p> <p>Building towards... Deepening understanding of the source, seasonality and characteristics of a broad range of ingredients. Raising awareness of taste, texture and smell to decide how to season dishes and combine ingredients.</p>
<p>Spring 1</p>	<p>Food safety, vegetables and pasta</p>	<p>Technical knowledge: Understanding safe practices in a catering environment and the consequences to health and safety if not followed.</p> <p>Practical Skills: Health and safety in the kitchen, chopping, slicing, seasoning, boiling, simmering, frying, dividing evenly, layering, roasting, baking and presenting.</p> <p>Idea Development: Flavour and recipe development with the opportunity to add alternative ingredients and seasoning to a variety of recipes.</p> <p>Evaluation: Evaluating the dishes cooked and the skills used by building a portfolio of evidence. Advancing food vocabulary by tasting</p>	<ul style="list-style-type: none"> ● Nutritional content ● Seasonality ● Convenience foods ● Staple foods ● Economising ● Carbohydrates ● Macronutrients ● Micronutrients ● Seasoning ● Al Dente ● Layering ● Presentation ● Plating up ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Deepening understanding of the importance of fruit and vegetables in our diet and their benefits to our health. Previous knowledge gained in KS3 of Al Dente pasta and staple foods.</p> <p>Building towards... Deepening understanding of nutritional content, seasonality and characteristics of a broad range of ingredients. Increasing competence in a range of cooking techniques: applying heat in different ways</p>

		and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).		
Spring 2	The various uses of mince and international cooking	<p>Technical knowledge: Applying heat in different ways. Safe use of all equipment and utensils.</p> <p>Practical Skills: Health and safety in the kitchen, chopping, slicing, seasoning, boiling, simmering, stir frying, steaming, baking and plating up a meal.</p> <p>Idea Development: Flavour and recipe development with the opportunity to add alternative ingredients and seasoning to a variety of recipes and designing own dishes.</p> <p>Evaluation: Evaluating the dishes cooked and the skills used by building a portfolio of evidence. Advancing food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Peeling ● Chopping ● Slicing ● Grating ● Mashing ● Sourcing ingredients ● Protein alternatives ● Seasoning ● Nutritional value ● Bacteria ● Enhancing taste ● Presentation ● Plating up ● Economising ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... A greater understanding of food production from a global perspective. Using awareness of taste, texture and smell to decide how to season dishes and combine ingredients.</p> <p>Building towards... Development of empathy and respect of other cultures' different experiences, beliefs and values. Understanding how food is grown, reared and caught and the consideration for ethical practices.</p>
Summer 1	Quick cooked meat and fish	<p>Technical knowledge: Safe practices when using raw meat and fish. Applying heat in different ways. Safe use of all equipment and utensils.</p> <p>Practical Skills: Health and safety in the kitchen, chopping, seasoning, boiling, simmering, steaming, marinating, grilling, frying, baking and plating up a meal.</p> <p>Idea Development: Flavour and recipe development with the opportunity to add alternative ingredients and seasoning to a variety of recipes.</p>	<ul style="list-style-type: none"> ● Steaming ● Sustainability ● Coating ● Seasoning ● Nutritional value ● Grilling ● Griddling ● Marinating ● Frying ● Skewering ● Economising ● Presentation ● Timings ● Plating up 	<p>Building on..... Knowledge of health and safety regulations when using raw meat and fish and the consequences of not following good practice. Increased understanding of how to check meat and fish is cooked sufficiently.</p> <p>Building towards... Developing understanding of the importance of protein within a healthy diet and progressing knowledge of how to season dishes to enhance taste and appearance.</p>

		<p>Evaluation: Evaluating the dishes cooked and the skills used by building a portfolio of evidence. Advancing food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Analyse ● Evaluate ● Compare ● Contrast 	
<p>Summer 2</p>	<p>Main courses and desserts</p>	<p>Technical knowledge: Time management when cooking a plated meal. Safe use of all equipment and utensils.</p> <p>Practical Skills: Health and safety in the kitchen, chopping, seasoning, rolling, cutting, trimming, rubbing in, melting, separating, boiling, steaming, frying, roasting, baking and plating up a meal.</p> <p>Idea Development: Flavour and recipe development with the opportunity to add alternative ingredients and seasoning to a variety of recipes.</p> <p>Evaluation: Evaluating the dishes cooked and the skills used by building a portfolio of evidence. Advancing food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Separating ● Rolling ● Shaping ● Trimming ● Seasoning ● Nutritional value ● Baking ● Roasting ● Mashing ● Frying ● Portion control ● Economising ● Presentation ● Timings ● Plating up ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Consolidation of the academic years' work and development of understanding and application of the principles of nutrition and health. Increasing competence in a range of cooking techniques and how to manage time when cooking a complete meal.</p> <p>Building towards... Advancing understanding of how to cook healthy meals economically and safely using a range of cooking techniques and in a timely manner, in preparation for the final practical assessment in year 11.</p>