

# SUNNYDOWN SCHOOL

## FOOD & NUTRITION CURRICULUM PLAN



<b>Subject</b>	<b>Food &amp; Nutrition</b>	<b>Year group</b>	<b>Y11</b>
<b>Subject Intent</b>	Students will continue to follow the BTEC Home Cooking Skills course either at Level 1 or Level 2 and will take a practical final assessment to conclude the course. 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.		

<b>Term</b>	<b>Topic</b>	<b>Core learning</b>	<b>Key concepts</b>	<b>Sequencing</b>
<b>Autumn 1</b>	Baking  The functions of carbohydrates  Catch up and portfolio building	<b>Technical knowledge:</b> Safe use of all equipment and utensils. Time management when cooking a plated meal.  <b>Practical Skills:</b> Health and safety in the kitchen, catching up on any dishes missed during Year 10.  <b>Idea Development:</b> Flavour and recipe development with the opportunity to add alternative ingredients and seasoning to a variety of recipes.  <b>Evaluation:</b> 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).	<ul style="list-style-type: none"> <li>● Weighing</li> <li>● Measuring</li> <li>● Proportions</li> <li>● Seasoning</li> <li>● Nutritional value</li> <li>● Macronutrients</li> <li>● Micronutrients</li> <li>● Portion control</li> <li>● Economising</li> <li>● Presentation</li> <li>● Timings</li> <li>● Plating up</li> <li>● Analyse</li> <li>● Evaluate</li> <li>● Compare</li> <li>● Contrast</li> </ul>	<b>Building on.....</b> Building upon prior knowledge from Year 10. Developing KS3 knowledge of the functions of ingredients, the Eatwell guide and healthy eating.  <b>Building towards...</b> Production of a menu using prior learning to create a two-course meal. Deepening understanding of the source, seasonality and characteristics of a broad range of ingredients.
<b>Autumn 2</b>	Final assessment preparation	<b>Technical knowledge:</b> Safe use of all equipment and utensils. Writing a menu for a two course meal.	<ul style="list-style-type: none"> <li>● Seasoning</li> <li>● Nutritional value</li> <li>● Safety</li> </ul>	<b>Building on.....</b> Development of skills and knowledge gained during KS3

	<p>Having a healthy balanced diet</p> <p>Portfolio building</p>	<p><b>Practical Skills:</b> Health and safety in the kitchen, practising dishes for final assessment.</p> <p><b>Idea Development:</b> Flavour and recipe development with the opportunity to add alternative ingredients and seasoning to recipes.</p> <p><b>Evaluation:</b> Evaluating the dishes cooked and the skills used. 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"> <li>● Hazards</li> <li>● Healthy diet</li> <li>● Adaptations</li> <li>● Macronutrients</li> <li>● Micronutrients</li> <li>● Portion control</li> <li>● Economising</li> <li>● Presentation</li> <li>● Timings</li> <li>● Plating up</li> <li>● Analyse</li> <li>● Evaluate</li> <li>● Compare</li> <li>● Contrast</li> </ul>	<p>and Year 10. Ability to plan and cost out a healthy 2 course meal covering all the food groups.</p> <p><b>Building towards...</b> Advancing confidence in cooking healthy meals economically, safely and independently using a range of cooking techniques and in a timely manner, in preparation for the final practical assessment.</p>
Spring 1	<p>Practical final assessment</p> <p>Essential nutrients</p> <p>Completion of portfolio</p>	<p><b>Technical knowledge:</b> Safe use of all equipment and utensils. Time management when cooking a plated meal.</p> <p><b>Practical Skills:</b> Health and safety in the kitchen, demonstrating competence in a range of skills when preparing and cooking final assessment meals.</p> <p><b>Idea Development:</b> Flavour and recipe development with the opportunity to add alternative ingredients and seasoning to recipes.</p> <p><b>Evaluation:</b> Evaluating the dishes cooked and the skills used. 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"> <li>● Nutritional value</li> <li>● Safety</li> <li>● Hazards</li> <li>● Contamination</li> <li>● Adaptations</li> <li>● Macronutrients</li> <li>● Micronutrients</li> <li>● Portion control</li> <li>● Independence</li> <li>● Economising</li> <li>● Presentation</li> <li>● Timings</li> <li>● Plating up</li> <li>● Analyse</li> <li>● Evaluate</li> <li>● Compare</li> <li>● Contrast</li> </ul>	<p><b>Building on.....</b> The ability to follow recipe sequences with independence and confidence to produce a nutritional 2 course meal, serving well presented dishes.</p> <p><b>Building towards...</b> Increasing competence in a broad range of cooking techniques and skills and managing time when cooking a complete meal to ensure all elements of the dish are at the correct temperature when served.</p>
Spring 2	<p>Cooking for fun</p> <p>The relationship between diet and health</p>	<p><b>Technical knowledge:</b> Safe use of all equipment and utensils. Healthy eating guidelines.</p> <p><b>Practical Skills:</b> Health and safety in the kitchen, demonstrating competence in a range of skills when preparing and cooking dishes.</p>	<ul style="list-style-type: none"> <li>● Safety</li> <li>● Hazards</li> <li>● Adaptations</li> <li>● Macronutrients</li> <li>● Micronutrients</li> <li>● Portion control</li> <li>● Independence</li> </ul>	<p><b>Building on.....</b> Enjoyment of the subject and advancing confidence in a broad range of cooking techniques and skills.</p> <p><b>Building towards...</b></p>

		<p><b>Idea Development:</b> Flavour and recipe development with the opportunity to add alternative ingredients and seasoning to recipes.</p> <p><b>Evaluation:</b> 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"> <li>● Economising</li> <li>● Presentation</li> <li>● Timings</li> <li>● Analyse</li> <li>● Evaluate</li> <li>● Compare</li> <li>● Contrast</li> </ul>	<p>Advancing ability to cook healthy dishes economically, confidently and safely using a range of cooking techniques</p>
<p><b>Summer 1</b></p>	<p>Cooking for fun</p> <p>The importance of keeping hydrated</p>	<p><b>Technical knowledge:</b> Safe use of all equipment and utensils. Healthy eating guidelines.</p> <p><b>Practical Skills:</b> Health and safety in the kitchen, demonstrating competence in a range of skills when preparing and cooking dishes.</p> <p><b>Idea Development:</b> Flavour and recipe development with the opportunity to add alternative ingredients and seasoning to recipes.</p> <p><b>Evaluation:</b> 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"> <li>● Nutritional value</li> <li>● Safety</li> <li>● Hazards</li> <li>● Adaptations</li> <li>● Macronutrients</li> <li>● Micronutrients</li> <li>● Portion control</li> <li>● Independence</li> <li>● Economising</li> <li>● Presentation</li> <li>● Timings</li> <li>● Plating up</li> <li>● Analyse</li> <li>● Evaluate</li> <li>● Compare</li> <li>● Contrast</li> </ul>	<p><b>Building on.....</b> A love of cooking with advancing skills and confidence in a broad range of cooking techniques.</p> <p><b>Building towards...</b> The knowledge required to be able to feed themselves and others affordably and nutritiously, now and later in life.</p>