

The Grange Academy Food Studies curriculum map

Intent

The Food Studies curriculum has been carefully written to encourage students to learn and develop a wide range of vital life skills. The most obvious essential learning is in practical food preparation, starting with basic fruit and vegetable preparation and becoming more complex each year, building up to the GCSE 3-hour practical assessment. During practical lessons, independent working and problem solving is encouraged at all levels. Healthy Eating lessons are taught throughout the year groups, using the Eatwell Guide as a model for good practice, and making sure students understand the consequences of eating too much fat, salt and sugar. Giving students confidence to cook a range of healthy meals for themselves and their families is a huge benefit of the Year 8 course, along with enjoyment of using their skills. Storing and preparing food safely and hygienically, including washing up, is reinforced throughout. As students progress to Year 9 and GCSE, the subject also focuses on scientific principles of food preparation, giving students an understanding of the functions of ingredients and processes necessary to produce perfect results. Food Choice and Food Provenance topics encourage students to think about what they are eating, where it has come from and the impact of food production on the environment. At KS3 students are assessed twice termly in the form of a practical assessment and a multiple-choice knowledge test.

Implementation

	Autumn Term I	Autumn Term II	Spring Term I	Spring Term II	Summer Term I	Summer Term II
Year 7	<p>Content</p> <p>Year 7 is taught on a rotation with DT and Computer science. Every student studies Food for two terms.</p> <p><u>Safety and Hygiene</u> in the Food Room</p> <p><u>Fruit</u> – nutritional value, classification and preparation skills.</p> <p><u>Vegetables</u> – nutritional value and preparation skills.</p> <p><u>Rice and Pasta</u> –</p>	<p>Content</p> <p><u>Breakfast</u> – the benefits of eating a healthy meal in the morning.</p> <p><u>Using the oven safely</u> to make flapjack and potato wedges.</p> <p><u>Sugar and salt</u> in the diet – Understanding the how much is healthy to eat and being aware of the medical problems associated with too much.</p> <p><u>Using the grill safely</u> to make pitta pizzas.</p>	Content	Content	Content	Content

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	<p>benefits in the diet and how to cook. The Eatwell Guide – how to use as a model for healthy eating. Assessment 1 – demonstration of a range of food skills in the making of a main-course salad.</p>	<p>Assessment 2 – multiple choice knowledge assessment</p>				
Year 8	<p>Content Year 8 is taught on a rotation with DT and Computer science. Every student studies Food for two terms. Safety and Hygiene in the Food Room revision from Year 7. Consequences of bad practice. Skills Teach students to work independently and become competent in a range of everyday skills such as chopping and onion, cooking starchy carbohydrates and preparing a range of</p>	<p>Content Healthy alternatives to popular snack food in the making of Chicken or Veg Curry Pizza Burgers and potato wedges. Chocolate fairy cakes. Assessment 1 - Demonstration of a range of food skills in the making of an evening meal. Introduction to Food Science in the making of Pizza dough Assessment 2 – multiple choice</p>	Content	Content	Content	Content

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	<p>vegetables in the making of: Bolognese sauce Risotto Vegetable Stir Fry Mac'n'Cheese</p> <p><u>Nutrition</u> Understand of the role of Fat, Protein and Carbohydrate in the diet. Revision of the Eatwell Guide. Be aware of the role of micronutrients in the diet.</p> <p><u>Ingredients</u> Understand why different herbs and spices are used.</p>	<p>knowledge assessment</p>				
<p>Year 9</p>	<p>Content Year 9 is taught on a rotation with DT and Computer science. Every student studies Food for two terms.</p> <p><u>Safety and Hygiene</u> in the Food Room revision from Year 7 and 8.</p> <p><u>Food Choice</u> Why we eat what we eat.</p> <p><u>Revision of basic</u></p>	<p>Content <u>Assessment 1 -</u> Demonstration of a range of food skills in the making of a complex meal.</p> <p><u>The functions of flour and Food Science</u> in cooking in the making of Shortcrust pastry for apple pie/jam tarts Revision of</p>	<p>Content</p>	<p>Content</p>	<p>Content</p>	<p>Content</p>

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	<p>skills in the making of</p> <ul style="list-style-type: none"> Minestrone Soup Tomato Sauce North African meatballs with couscous Cottage Pie <p>The functions of flour and Food Science in cooking in the making of</p> <ul style="list-style-type: none"> Fresh Tagliatelle Rough Puff Pastry 	<p>Shortcrust pastry for quiche.</p> <ul style="list-style-type: none"> Revision of Rough Puff pastry for Palmiers Choux pastry for profiteroles. <p>The functions of eggs in the making of</p> <ul style="list-style-type: none"> Meringues <p>Assessment 2 – multiple choice knowledge assessment</p>				
Year 10	<p>Content</p> <p>Recap and Revision</p> <p>This year, due to lockdown at various times, all students have had different Year 9 experiences so the start of term will be focusing on essential skills and knowledge with.</p> <p>Theory - Introduction to course</p> <p>Food safety Practical - Vegetable skills and uses of flour.</p> <p>Assessment Theory Assessment – Food Choice</p>	<p>Content</p> <p>Theory - Food Choice Practical – types of pastry</p> <p>Assessment Practical Assessment 1 - pastry</p> <p>Theory Assessment – Food Choice/Safety multiple choice</p>	<p>Content</p> <p>Theory - Nutrition and Healthy Eating Practical – Chicken and Fish</p> <p>Assessment Theory Assessment – Nutrition and Healthy Eating multiple choice and extended answer.</p>	<p>Content</p> <p>Theory - Nutrition and Healthy Eating Practical – Fruit and Presentation</p> <p>Assessment Practical Assessment 2 - Presentation and Fruit</p> <p>Theory Assessment – Nutrition and Healthy Eating multiple choice 2 and extended answer questions</p>	<p>Content</p> <p>Theory - Food Science Practical – Food Science, recap of skills, high level skills</p> <p>Assessment Practical Assessment 3- Choux Challenge</p> <p>Theory Assessment – Food Science multiple choice and extended answer.</p>	<p>Content</p> <p>Theory - Food provenance Practical –recap of skills, high level skills</p> <p>Assessment Practical Assessment 4- Lasagne Challenge</p> <p>Assessment 5- Two hour ‘Picnic’ assessment.</p> <p>Theory Assessment – Food provenance multiple choice</p>

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	multiple choice					Summer Exam		
Year 11	<p>Content</p> <p>Year 11, students work on their NEA which is 50% of the GCSE grade.</p> <p>Revision of practical skills needed for NEA</p> <p>Revision of knowledge required for NEA.</p>	<p>Content</p> <p>NEA sections</p> <p>A – Research</p> <p>Section B – Technical Skills</p> <p>Section C - Planning</p>	<p>Content</p> <p>NEA</p> <p>Sections D – 3 Hour Practical</p> <p>Section E – Analysis and Evaluation</p>	Content	Revision for Exam	Content	Revision for Exam	Content