



Food Studies Key Stage 4 Curriculum Overview

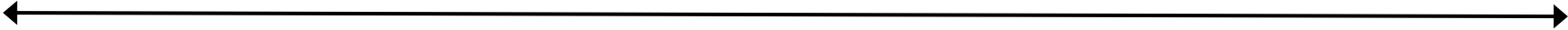
Key Stage 4 Curriculum Journey: Food Preparation and Nutrition

10	<div> <div>Week 1</div> <div>←</div> <div>→</div> <div>Week 39</div> </div>				
	Nutrition	Food Safety	Food Choice	Food Science	Food Provenance
<div>Key content</div> <div>(know that...Know how...)</div>	<p>Nutrition</p> <ul style="list-style-type: none"> The Eatwell guide and government guidelines. Studying macronutrients, Carbohydrates, Fats and Protein. Different types, looking at structure, functions in the body, Which foods they are in, deficiency and excess. Studying Micronutrients, Water soluble vitamins, fat soluble vitamins, antioxidants, and minerals, functions in the body, which foods they are found in, deficiency and excess. Looking at nutritional needs through the life stages. <p>Nutritional needs and health</p>	<p>Food Spoilage and contamination.</p> <ul style="list-style-type: none"> Micro-organisms and enzymes. Signs of food spoilage Micro-organisms in food production, looking at bread, cheese and yoghurt. Bacterial contamination and food poisoning. <p>Principles of food safety.</p> <ul style="list-style-type: none"> Buying and storing food, what to look for and the safest ways to store different foods. Preparing, cooking and serving food, safest ways to avoid cross contamination and to minimise bacterial growth. 	<p>Factors affecting food choice.</p> <ul style="list-style-type: none"> Factors that influence food choice including personal preference, religion, moral and ethical beliefs, food intolerances and allergies ad health issues. Food labelling and marketing influences, including legal labelling requirements and different ways that food is marketed. <p>British and international cuisines.</p> <ul style="list-style-type: none"> Studying foods from different parts of the UK, foods from different parts of Europe and Asia, links to staple foods and traditions and culture. <p>Sensory evaluation</p> <ul style="list-style-type: none"> Different methods of sensory analysis and 	<p>Cooking food and heat transfer.</p> <ul style="list-style-type: none"> The reasons we cook food, and methods of heat transfer, conduction, convection and radiation. Studying the different cooking methods. Methods with oil, dry methods and wet methods and being able to select the appropriate one. <p>Functional and chemical properties of foods.</p> <ul style="list-style-type: none"> Proteins, including denaturation and coagulation. Carbohydrates, including gelatinisation, caramelisation and dextrinization. Fats and oils including plasticity of fats and shortening. Raising agents, biological and 	<p>Environmental impact and sustainability.</p> <ul style="list-style-type: none"> Food sources, where foods come from and farming methods Food and the environment, food miles, Fairtrade, packaging, GM foods and food waste. Sustainability of foods and food security. <p>Processing and Production.</p> <ul style="list-style-type: none"> Primary and secondary food processing. Pasteurisation, and different milk processing methods, milling of flour etc Technological developments associated with better health and food production, including fortification of foods, preservatives etc

	<ul style="list-style-type: none"> • Making informed food choices for a varied and balanced diet. • Energy needs and how to maintain a balance. • How to carry out nutritional analysis. • Diet, nutrition and health, dietary requirements for people with different health needs. 		how to make testing fair.	chemical and how they work.	
Prior Knowledge	<ul style="list-style-type: none"> • Knowledge of the Eatwell guide and the nutrients provided by each section. • Be able to make healthier choices. • Basic nutritional analysis of foods. • Have a range of practical skills. • Be able to use a variety of equipment. • Being able to describe different attributes of foods. • Why high fat food is unhealthy and health issues related to them. 	<ul style="list-style-type: none"> • Knowledge able cross contamination and how to avoid it. • Knowing that some bacteria is harmful. • Knowledge of hygiene and safety in food preparation. • Knowledge about the danger zone and storing high risk foods safely. • Being able to identify high risk foods. 	<ul style="list-style-type: none"> • Knowledge of staple foods and how they link to traditional dishes. • Some knowledge of multi-cultural foods. • Knowing what a coeliac is and what they are intolerant to. • Being able to use descriptive words to describe foods. • Being able to use a variety of equipment. • Have a variety of practical skills. 	<ul style="list-style-type: none"> • Basic knowledge of different methods of cooking and foods that can be cooked in that way. • Basic knowledge of the science behind cooking including, functions of ingredients in bread, gelatinisation and shortening. • Knowing what the difference between saturated and unsaturated fat. 	<ul style="list-style-type: none"> • Knowledge of some secondary food processing, e.g. Cheese making, pasta making. • Knowledge of how bacteria reacts to temperature. • Some knowledge of how food can affect the environment including food miles. • Basic knowledge of where food comes from.

	<ul style="list-style-type: none"> • Knowledge about the different types of fat used in cooking. • Knowledge of some of the science behind cooking. • Knowing how to adapt a recipe 				
GCSE Assessment Objectives	<ul style="list-style-type: none"> • AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation. • AO3: Plan, prepare, cook and present dishes, combining appropriate techniques. • AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others. 	<ul style="list-style-type: none"> • AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation. • AO3: Plan, prepare, cook and present dishes, combining appropriate techniques. • AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others. 	<ul style="list-style-type: none"> • AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation. • AO3: Plan, prepare, cook and present dishes, combining appropriate techniques. • AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others. 	<ul style="list-style-type: none"> • AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation. • AO3: Plan, prepare, cook and present dishes, combining appropriate techniques. • AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others. 	<ul style="list-style-type: none"> • AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation. • AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation. • AO3: Plan, prepare, cook and present dishes, combining appropriate techniques. • AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.

Assessments	<ul style="list-style-type: none"> • End of topic exam paper • Practical assessment ongoing • Exam Question x 2 	<ul style="list-style-type: none"> • End of topic exam paper • Practical assessment ongoing • Exam question x2 	<ul style="list-style-type: none"> • End of topic exam paper • Practical assessment ongoing • Exam question x2 	<ul style="list-style-type: none"> • End of topic exam paper • Practical assessment ongoing • Exam question x2 	<ul style="list-style-type: none"> • End of topic exam paper • Mock exam • Practical assessment ongoing • Exam question
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11	Week 1 Week 39 		
	NEA 1	NEA2	Exam preparation
Key content (know that...Know how...)	Scientific Investigation Task (15%) <ul style="list-style-type: none"> Analysing the task and researching the subject for the investigation. Developing a hypothesis based on research findings. Planning investigations, writing an aim, method, evidence of fair testing, recording results and drawing conclusions. Analysis of the investigations, showing findings, linking back to research and hypothesis. 	Plan, Prepare and Make Task (35%) <ul style="list-style-type: none"> Analysing the task and researching the subject given. Researching dishes linked to the task and research. Demonstration of technical skills, making and evaluating 3 dishes showing off high level skill. Planning for the final practical exam, selecting 3 dishes to make and justifying the choices linked to research. Creating plan showing dovetailing and Checks to show knowledge of hygiene, quality and safety. Practical exam making 3 dishes in 3 hours, following the plan, showing high level skills and great presentation. Analysis of the 3 dishes, including, sensory, and nutritional analysis, costings and ideas for future development. 	<ul style="list-style-type: none"> Tasks set for students to help with recall of information covered. Exam question practice on different styles of question with scaffolding and support. Individualised tasks set for students based on the gap analysis from the mock exam.

Prior Knowledge	<ul style="list-style-type: none"> Students will have an understanding of the functional properties of ingredients and the scientific processes they go through from the food science unit of work. 	<ul style="list-style-type: none"> Students will a wide range of skills they can use in practical tasks. Students will understand the nutritional value of food and factors that influence food choice. Students will be able to plan for practicals, organise and organise tasks. 	<ul style="list-style-type: none"> Students will have knowledge on all areas from the specification, covering all 5 topics.
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Assessments	<ul style="list-style-type: none"> Assessment of completed NEA Exam Question Homework 	<ul style="list-style-type: none"> Assessment of completed NEA Exam Question Homework 	<ul style="list-style-type: none"> Mock Exam Practice Questions