

Curriculum Overview – Catering

Year	Overview	KS3 Rotation based on 13 hours of study		Student Resources
7	Year 7 students will be looking at equipment, causes of accidents, health, safety and hygiene. Establish the key reasons behind food choices and then during the second rotation look at the eat well guide, and sensory analysis. On the practical side they will look at knife skills, safe cooking practices and sensory analysis of foods.	Equipment – weighing and measuring, the cooker. Personal and Food safety – temperature control, where bacteria come from, binary fission, 4C's Factors affecting food choice - why we like or dislike foods, budgets and finance, trends, media and peer pressure, availability and seasonality, Religion and culture. Knife skills – bridge and claw grips, consistency, segmenting, peeling, dicing and slicing. Eat well guide – eating a healthy balanced diet – energy balance, why the body needs food Sensory analysis and organoleptic assessment.		Websites: BBC Bitesize – KS3 and KS4 food technologies, BBC Teach, Seneca learning.
		Assessment paper one – Food safety, health and hygiene, multiple choice – 30 questions	Assessment paper two – macronutrients, fats, proteins, carbohydrates – 30 questions Practical assessment	
8	Year 8 students will continue to look at health, safety and hygiene. They will then move on to look at the macro nutrients. They will continue to develop an understanding of knife skill, nutrition and safe and hygienic practices.	Food safety – temperature control, where bacteria comes from, binary fission, 4C's Food poisoning – causes of food poisoning, control, high and low risk foods Protein – what it is, where it comes from, the reasons we need it. Functional and chemical properties of food – denaturation and coagulation Meat – Linked to protein. Factors affecting food choice – marketing, wellbeing, financial, seasonality Carbohydrates – starches and sugars, cereals Shortening and aeration Fats – the make-up of fats, PAL,		Websites: BBC Bitesize – KS3 and KS4 food technologies, BBC Teach, Seneca learning.
		Assessment paper one – Food safety, health and hygiene, multiple choice – 30 questions	Assessment paper two – health, safety, hygiene and macronutrients.	
9	Year 9 students will look methods of cooking and by association commodities. Food safety and hygiene will continue to be embedded. Learners will begin to make links between nutritional outcomes, ingredient choice and cooking method. They will improve culinary skills, including knife, presentation and preparation.	Food Safety, health and hygiene recap Baking – methods of baking, functions of baking, nutritional impact of baking, equipment used in baking. (commodities by association flour) Raising agents – mechanical, biological, chemical & Steam Frying – methods of shallow, stir frying, salute, deep frying. Functions of frying, nutritional impact of frying, equipment used in frying, foods suitable to fry. Health, safety and hygiene when frying. (commodities by association fats) Preparing, combining, portioning and shaping Wet cooking methods – boiling, poaching and steaming. Functions of these cooking methods, nutritional impact, equipment used. Stewing and braising – nutritional impact, functionality and characteristics , equipment used Sauce making – roux's, reductions, purees British, European and international cuisines. Looking at styles, flavors and textures. Reason for choice. Presenting foods for serving Cutting and portioning meat, fish and poultry products.		Websites: BBC Bitesize – KS3 and KS4 food technologies, BBC Teach, Seneca learning.
		Assessment paper one – Baking Assessment paper two – Frying Practical assessment piece	Assessment paper three – wet cooking methods Assessment paper four – wet cooking methods advanced and cuisines. Practical assessment piece	

Key Stage 3 End of rotation testing

Year	Overview	Autumn 1 (Weeks 1 – 7)	Autumn 2 (Weeks 8 – 14)	Spring 1 (Weeks 15 - 20)	Spring 2 (Weeks 21 - 25)	Summer 1 (Weeks 26 - 32)	Summer 2 (Weeks 33 - 38)	Student Resources
10	Year 10 students will be looking at commodities and how they link to food nutrition and health (macro and micronutrients) there will be a specific link to Food science and preparation for NEA1 and food choice, provenance and preparation in readiness for NEA2	Food nutrition – micro and macro nutrients, sources, requirements and reasons for needing them, excesses and deficiencies, specific groups with nutritional needs. The functional and chemical properties of nutrients within foods and impact of cooking methods. Food preparation – brush up on knife skills and garnishing skills Food providence – environmental impact and sustainability of food. Food production and processing. Commodities – cereals, dairy, fish, meat.	Key Stage 4 Formal Assessments – Classroom Based	Preparing for assessment – NEA 1 Food science – Cooking of food and heat transfer, functional and chemical properties of food Food Safety – Food spoilage and contamination and the key principles of food safety. Commodities – Fruits and vegetables, protein alternatives. Food preparation – doughs and pastes/sauce making	Key Stage 4 Formal Assessments – Classroom Based	Preparing for assessment – NEA2 Food Choice - factors affecting food choice, Religion, health, lifestyle, medical, financial, etc. Food labelling and marketing – including allergen law, labeling law, food safety law, additives and preservatives, traceability etc. British and international cuisine , - including nutritional impact of specific cooking methods and the nutritional needs of the customer. Conducting and analysing data from sensory evaluations.	Year 10 Mock Examinations	Websites: BBC Bitesize – KS3 and KS4 food technologies, BBC Teach, Seneca learning. Revision resources: AQA FCSE food preparation and nutrition revision guides

11	<p>Year 11 students will continue looking at commodities and how they link to food nutrition and health (macro and micronutrients). T</p> <p>here will be a specific link to Food science and preparation for NEA1 and food choice, provenance and preparation in readiness for NEA2 – all of the learning develops the themes that were covered in Year 11 so that retention and recall of skills, knowledge and understanding is embedded.</p>	<p>Food nutrition – micro and macro nutrients, sources, requirements and reasons for needing them, excesses and deficiencies, specific groups with nutritional needs. The functional and chemical properties of nutrients with in foods and impact of cooking methods.</p> <p>Food preparation – brush up on knife skills and garnishing skills</p> <p>Food providence – environmental impact and sustainability of food. Food production and processing.</p> <p>Commodities – cereals, dairy, fish, meat.</p>	Year 11 Mock Examinations A – Classroom based / Exam room	<p>Preparing for assessment – NEA 1</p> <p>Food science – Cooking of food and heat transfer, functional and chemical properties of food</p> <p>Food Safety – Food spoilage and contamination and the key principles of food safety.</p> <p>Commodities – Fruits and vegetables, protein alternatives.</p> <p>Food preparation – doughs and pastes/sauce making</p>	Year 11 Full Mock Examinations – Examination Rooms	<p>Preparing for assessment – NEA 1</p> <p>Food science – Cooking of food and heat transfer, functional and chemical properties of food</p> <p>Food Safety – Food spoilage and contamination and the key principles of food safety.</p> <p>Commodities – Fruits and vegetables, protein alternatives.</p> <p>Food preparation – doughs and pastes/sauce making</p>	Year 11 Mock Examinations A – Classroom based / Exam room	<p>Preparing for assessment – NEA2</p> <p>Food Choice - factors affecting food choice, Religion, health, lifestyle, medical, financial, etc.</p> <p>Food labelling and marketing – including allergen law, labeling law, food safety law, additives and preservatives, traceability etc.</p> <p>British and international cuisine, - including nutritional impact of specific cooking methods and the nutritional needs of the customer. Conducting and analysing data from sensory evaluations.</p>	GCSE Examination Window	<p>Websites: BBC Bitesize – KS3 and KS4 food technologies, BBC Teach, Seneca learning.</p> <p>Revision resources: AQA FCSE food preparation and nutrition revision guides</p>
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