

## Food and Nutrition Curriculum Maps 2020-2021

### Key Stage 4

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	<p><b>Food Commodities – Fruits and vegetables</b></p> <ul style="list-style-type: none"> <li>▪ 6.Cooking and food preparation</li> <li>▪ Factors affecting food choice</li> <li>▪ Preparation and cooking Techniques</li> <li>▪ Developing recipes and meals</li> </ul>	<p><b>Food Commodities – Milk, Cheese and Yoghurt</b></p> <ul style="list-style-type: none"> <li>▪ 6.Cooking and food preparation</li> <li>▪ Factors affecting food choice</li> <li>▪ Preparation and cooking Techniques</li> <li>▪ Developing recipes and meals</li> </ul>	<p><b>Food Commodities – Cereals (including flours, breakfast cereals, bread and pasta)</b></p> <ul style="list-style-type: none"> <li>▪ 6.Cooking and food preparation</li> <li>▪ Factors affecting food choice</li> <li>▪ Preparation and cooking Techniques</li> <li>▪ Developing recipes and meals</li> </ul>	<p><b>Food Commodities – Meat, Fish, Poultry, Eggs</b></p> <ul style="list-style-type: none"> <li>▪ 6.Cooking and food preparation</li> <li>▪ Factors affecting food choice</li> <li>▪ Preparation and cooking Techniques</li> <li>▪ Developing recipes and meals</li> </ul>	<p><b>Food Commodities – Butter, Oils, Margarine, Sugar and Syrup.</b></p> <ul style="list-style-type: none"> <li>▪ 6.Cooking and food preparation</li> <li>▪ Factors affecting food choice</li> <li>▪ Preparation and cooking Techniques</li> <li>▪ Developing recipes and meals</li> </ul>	<p><b>Theory &amp; Non-Examined Assessment Prep</b></p> <ul style="list-style-type: none"> <li>▪ Assessment 1: The Food Investigation Assessment A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.</li> <li>▪ 4.The science of food</li> <li>▪ The effect of cooking on food</li> <li>▪ Food spoilage</li> <li>▪ 5.Where food comes from</li> <li>▪ Food Provenance</li> <li>▪ Food manufacturing</li> </ul>

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11	<b>Theory &amp; Non-Examined Assessment</b>			<b>Theory &amp; Examined preparation</b>		
	<ul style="list-style-type: none"> <li>▪ Assessment 1: <b>Removed by exam board</b></li> <li>▪ Assessment 2: The Food Preparation Assessment</li> <li>▪ Prepare, cook and present a menu which assesses the learner’s knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food.</li> <li>▪ 1. Food commodities</li> <li>▪ 2. Principles of nutrition               <ul style="list-style-type: none"> <li>▪ Macronutrients and Micronutrients</li> </ul> </li> <li>▪ 3. Diet and good health               <ul style="list-style-type: none"> <li>▪ Energy requirements of individuals</li> <li>▪ Plan balanced diets Calculate energy and nutritional values of recipes, meals and diets</li> </ul> </li> </ul>			<ul style="list-style-type: none"> <li>▪ 1. Principles of nutrition               <ul style="list-style-type: none"> <li>▪ Macronutrients and Micronutrients</li> </ul> </li> <li>▪ 2. Diet and good health               <ul style="list-style-type: none"> <li>▪ Energy requirements of individuals</li> </ul> </li> <li>▪ 3. Food Choice               <ul style="list-style-type: none"> <li>▪ Region, ethical beliefs and medical conditions</li> </ul> </li> <li>▪ 4. Food Provenance               <ul style="list-style-type: none"> <li>▪ Food origins. British and international cuisines</li> </ul> </li> <li>▪ 5. Food Spoilage               <ul style="list-style-type: none"> <li>▪ Cross contamination. Growth conditions of microorganism</li> </ul> </li> <li>▪ 6. Working Characteristics of food               <ul style="list-style-type: none"> <li>▪ Fats and oils. Fruits and vegetables</li> </ul> </li> <li>▪ 7. Food manufacturing               <ul style="list-style-type: none"> <li>▪ Technological developments. Food processes</li> </ul> </li> </ul>		