

Curriculum Map
Food Preparation and Nutrition
Year 8

	What is being learnt?	Remote learning links
<p style="text-align: center;">Autumn 1</p> <p style="text-align: center;">Health and Safety in the Kitchen</p> <p style="text-align: center;">Hydration</p> <p style="text-align: center;">Macronutrients</p>	<p style="text-align: center;"><u>Topic Areas</u></p> <ul style="list-style-type: none"> • Health and safety in the kitchen, Eatwell guide intro, • Design a health and safety poster for the kitchen • The importance of hydration (practice skills infused water) Go to the food a fact of life link and read through the presentation in the bottom right then complete the first worksheet activity • Practical Pasta one pot • Macronutrients: Carbohydrates and Fibre. Read through the functional properties of carbohydrates presentation on food a fact of life and design a 	<p style="text-align: center;">Remote learning links</p> <p>https://www.youtube.com/watch?v=nkVY08aqC28</p> <p>https://www.foodafactoflife.org.uk/11-14-years/activity-packs/bnf-healthy-eating-week-2019/drink-plenty/</p> <p>https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1</p> <p>https://www.foodafactoflife.org.uk/search-results?q=hydration</p> <p>https://www.bbc.co.uk/bitesize/guides/znnqghv/revision/1</p> <p style="text-align: center;">RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p> <p>https://www.foodafactoflife.org.uk/search-results?q=carbohydrates</p>

	<p>menu suitable for athletes at the Olympic village.</p> <ul style="list-style-type: none">• Practical: Scones• Macronutrients: Protein. Read through the power point on the functions of protein on food a fact of life: Proteins and their functional properties in food product then complete the protein quiz.• Fats: visit the MacDonald's nutrition calculator and look at how much fat is in the meal you would usually buy. How much of that is saturated? Research the difference between saturated and unsaturated fat. Explain what we need fat and when too much fat is bad for you.• Practical Lemon drizzle cakes	<p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p> <p>https://www.foodafactoflife.org.uk/search-results?q=protein</p> <p>https://www.mcdonalds.com/gb/en-gb/good-to-know/nutrition-calculator.html</p> <p>https://www.foodafactoflife.org.uk/search-results?q=fats</p> <p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p>
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<p>Autumn 2</p> <p>Micronutrients</p> <p>Food Waste</p>	<p><u>Topic areas</u></p> <ul style="list-style-type: none"> • Micronutrients: Vitamins and Minerals • Explain the difference between water soluble and fat soluble vitamins • Why do we need vitamins? • Explain what each vitamin does to our body and what foods we can get them from. • Practical Burgers • Balanced Diet. Click on the second link and Read the second power point on diet and health. What does a balanced diet mean? Complete the worksheet attached. • Practical Stir-fry • Food Waste watch Hugh’s war on waste. What tips could you give someone to reduce their food waste? • Practical Keema Curry 	<p>https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1</p> <p>https://www.foodafactoflife.org.uk/search-results?q=vitamins</p> <p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p> <p>https://www.foodafactoflife.org.uk/search-results?q=balanced+diet</p> <p>https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/diet-and-health/</p> <p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p> <p>https://www.dailymotion.com/video/x3c4g04</p> <p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p>
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	What is being learnt?	Remote learning links
<p>Spring Term 1</p> <p>Health and Safety in the Kitchen</p> <p>Hydration</p> <p>Macronutrients</p>	<p><u>Topic Areas</u></p> <ul style="list-style-type: none"> • Health and safety in the kitchen, Eatwell guide intro, • Design a health and safety poster for the kitchen • The importance of hydration (practice skills infused water) Go to the food a fact of life link and read through the presentation in the bottom right then complete the first worksheet activity • Practical Pasta one pot • Macronutrients: Carbohydrates and Fibre. Read through the functional properties of carbohydrates presentation on food a fact of life and design a menu suitable for athletes at the Olympic village. • Practical: Scones • Macronutrients: Protein. Read through the power point on the 	<p>https://www.youtube.com/watch?v=nkVY08aqC28</p> <p>https://www.foodafactoflife.org.uk/11-14-years/activity-packs/bnf-healthy-eating-week-2019/drink-plenty/</p> <p>https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1</p> <p>https://www.foodafactoflife.org.uk/search-results?q=hydration</p> <p>https://www.bbc.co.uk/bitesize/guides/znnqghv/revision/1</p> <p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p> <p>https://www.foodafactoflife.org.uk/search-results?q=carbohydrates</p> <p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p>

	<p>functions of protein on food a fact of life: Proteins and their functional properties in food product then complete the protein quiz.</p> <ul style="list-style-type: none"> • Fats: visit the MacDonalD’s nutrition calculator and look at how much fat is in the meal you would usually buy. How much of that is saturated? Research the difference between saturated and unsaturated fat. Explain what we need fat and when too much fat is bad for you. • Practical Lemon drizzle cakes 	<p>https://www.foodafactoflife.org.uk/search-results?q=protein</p> <p>https://www.mcdonalds.com/gb/en-gb/good-to-know/nutrition-calculator.html</p> <p>https://www.foodafactoflife.org.uk/search-results?q=fats</p> <p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p>
<p>Spring Term 2</p> <p>Micronutrients</p> <p>Food Waste</p>	<p><u>Topic areas</u></p> <ul style="list-style-type: none"> • Micronutrients: Vitamins and Minerals 	<p>https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1</p>

	<ul style="list-style-type: none"> • Explain the difference between water soluble and fat soluble vitamins • Why do we need vitamins? • Explain what each vitamin does to our body and what foods we can get them from. • Practical Burgers • Balanced Diet. Click on the second link and Read the second power point on diet and health. What does a balanced diet mean? Complete the worksheet attached. • Practical Stir-fry • Food Waste watch Hugh’s war on waste. What tips could you give someone to reduce their food waste? • Practical Keema Curry 	<p>https://www.foodafactoflife.org.uk/search-results?q=vitamins</p> <p>RECIPE LINKS https://moodle.rainhammark.com/course/view.php?id=235</p> <p>https://www.foodafactoflife.org.uk/search-results?q=balanced+diet</p> <p>https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/diet-and-health/</p> <p>RECIPE LINKS https://moodle.rainhammark.com/course/view.php?id=235</p> <p>https://www.dailymotion.com/video/x3c4g04</p> <p>RECIPE LINKS https://moodle.rainhammark.com/course/view.php?id=235</p>
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	What is being learnt?	Remote learning links
<p style="text-align: center;">Summer 1</p> <p style="text-align: center;">Health and Safety in the Kitchen</p> <p style="text-align: center;">Hydration</p> <p style="text-align: center;">Macronutrients</p>	<p><u>Topic Areas</u></p> <ul style="list-style-type: none"> • Health and safety in the kitchen, Eatwell guide intro, • Design a health and safety poster for the kitchen • The importance of hydration (practice skills infused water) Go to the food a fact of life link and read through the presentation in the bottom right then complete the first worksheet activity • Practical Pasta one pot • Macronutrients: Carbohydrates and Fibre. Read through the functional properties of carbohydrates presentation on food a fact of life and design a menu suitable for athletes at the Olympic village. • Practical: Scones • Macronutrients: Protein. Read through the power point on the 	<p>https://www.youtube.com/watch?v=nkVY08aqC28</p> <p>https://www.foodafactoflife.org.uk/11-14-years/activity-packs/bnf-healthy-eating-week-2019/drink-plenty/</p> <p>https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1</p> <p>https://www.foodafactoflife.org.uk/search-results?q=hydration</p> <p>https://www.bbc.co.uk/bitesize/guides/znnqghv/revision/1</p> <p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p> <p>https://www.foodafactoflife.org.uk/search-results?q=carbohydrates</p> <p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p>

	<p>functions of protein on food a fact of life: Proteins and their functional properties in food product then complete the protein quiz.</p> <ul style="list-style-type: none"> • Fats: visit the MacDonald’s nutrition calculator and look at how much fat is in the meal you would usually buy. How much of that is saturated? Research the difference between saturated and unsaturated fat. Explain what we need fat and when too much fat is bad for you. • Practical Lemon drizzle cakes 	<p>https://www.foodafactoflife.org.uk/search-results?q=protein</p> <p>https://www.mcdonalds.com/gb/en-gb/good-to-know/nutrition-calculator.html</p> <p>https://www.foodafactoflife.org.uk/search-results?q=fats</p> <p>RECIPE LINKS</p> <p>https://moodle.rainhammark.com/course/view.php?id=235</p>
<p>Summer 2</p> <p>Micronutrients</p> <p>Food Waste</p>	<p><u>Topic areas</u></p> <ul style="list-style-type: none"> • Micronutrients: Vitamins and Minerals 	<p>https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1</p>

	<ul style="list-style-type: none"> • Explain the difference between water soluble and fat soluble vitamins • Why do we need vitamins? • Explain what each vitamin does to our body and what foods we can get them from. • Practical Burgers • Balanced Diet. Click on the second link and Read the second power point on diet and health. What does a balanced diet mean? Complete the worksheet attached. • Practical Stir-fry • Food Waste watch Hugh’s war on waste. What tips could you give someone to reduce their food waste? • Practical Keema Curry 	<p>https://www.foodafactoflife.org.uk/search-results?q=vitamins</p> <p>RECIPE LINKS https://moodle.rainhammark.com/course/view.php?id=235</p> <p>https://www.foodafactoflife.org.uk/search-results?q=balanced+diet</p> <p>https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/diet-and-health/</p> <p>RECIPE LINKS https://moodle.rainhammark.com/course/view.php?id=235</p> <p>https://www.dailymotion.com/video/x3c4g04</p> <p>RECIPE LINKS https://moodle.rainhammark.com/course/view.php?id=235</p>
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Curriculum Map
Food Preparation and Nutrition
Year 9

	What is being learnt?	Remote learning links
<p style="text-align: center;">Autumn 1</p> <p style="text-align: center;">Food choices, their effect on the diet.</p> <p style="text-align: center;">How to make food choices Diet through life</p> <p>Practical skills developed from year 8</p>	<p>Topic Areas</p> <ul style="list-style-type: none"> • Recipe modification. Diet through life • Read through the first power point presentation then complete the worksheet next to this on dietary needs through life • Practical Apple pie pastry making glazing shaping and forming • Picnic lunch planning toddler menu and review. Using the information obtained from the diet through life power point please design a picnic which would be suitable for a family of a variety of ages. E.g. grandparents, toddler, child, teenager and adults. 	<p style="text-align: center;">Remote learning links</p> <p>https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/nutritional-needs-through-life/</p> <p>https://www.bbc.co.uk/bitesize/guides/z7yttv4/revision/2</p> <p>https://www.foodafactoflife.org.uk/search-results?q=diet+through+life</p> <p>RECIPE: https://moodle.rainhammark.com/course/view.php?id=236</p> <p>https://www.bbc.co.uk/bitesize/guides/zgvnpbk/revision/1</p>

	<ul style="list-style-type: none"> • Factors affecting food choice, Vegetarians. Using the website The vegetarian society for information (see link) design veggie guide for teen and parents including what vegetarian can and cannot eat as well as healthy eating tips and recipe ideas. • Practical Chicken Goujons Coating, knife skills • Farm assured foods: Watch the video on chickens on the red tractor web site and explain what it means to be a farm assured farm • Practical: Sausage and onion pie Mashing, making a roux, caramelizing. 	<p>https://vegsoc.org/info-hub/definition/</p> <p>Chicken Goujons</p> <p>https://redtractor.org.uk/dig-a-little-deeper/love-chicken-love-red-tractor/</p> <p>Sausage pie</p>
<p>Autumn 2</p> <p>Consequences of a poor diet</p> <p>Special diets</p>	<p><u>Topic areas</u></p> <ul style="list-style-type: none"> • Organic Food, Review. Read through the information on the web site. Explain how organic 	<p>https://www.bbcgoodfood.com/howto/guide/organic</p>

	<p>farming differs for regular farming. Draw a table to explain the differences.</p> <ul style="list-style-type: none"> • Practical Jalfrezi (chicken or paneer) • Consequences of a poor diet, Special diets. Make a poster explaining the different problems that can arise with a poor diet. Include diabetes type 2, heart disease, tooth decay and obesity. • Practical Swiss Roll whisking, folding rolling • Special diets continued, Complete the poster • Functions of ingredients: Read through the presentation on selecting ingredients (7th resource in teacher resources, then the worksheet further down). <p>Pizza Practical Dough making</p>	<p>Chicken Jalfrezi</p> <p>Paneer Jalfrezi</p> <p>https://www.foodafactoflife.org.uk/search-results?q=consequences+of+a+poor+diet</p> <p>Swiss Roll</p> <p>https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1</p> <p>https://www.bbc.co.uk/bitesize/guides/z23yfcw/revision/1</p> <p>https://www.foodafactoflife.org.uk/search-results?q=functions+of+ingredients</p> <p>Pizza</p>
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	What is being learnt?	Remote learning links
<p style="text-align: center;">Spring 1</p> <p style="text-align: center;">Food choices, their effect on the diet.</p> <p style="text-align: center;">How to make food choices Diet through life</p> <p>Practical skills developed from year 8</p>	<p><u>Topic Areas</u></p> <ul style="list-style-type: none"> • Recipe modification. Diet through life • Read through the first power point presentation then complete the worksheet next to this on dietary needs through life • Practical Apple pie pastry making glazing shaping and forming • Picnic lunch planning toddler menu and review. Using the information obtained from the diet through life power point please design a picnic which would be suitable for a family of a variety of ages. E.g. grandparents, toddler, child, teenager and adults. • Factors affecting food choice, Vegetarians. Using the website The vegetarian society for information (see link) design veggie guide for teen and parents including what 	<p style="text-align: center;">Remote learning links</p> <p>https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/nutritional-needs-through-life/</p> <p>https://www.bbc.co.uk/bitesize/guides/z7yttv4/revision/2</p> <p>https://www.foodafactoflife.org.uk/search-results?q=diet+through+life</p> <p>RECIPE: https://moodle.rainhammark.com/course/view.php?id=236</p> <p>https://www.bbc.co.uk/bitesize/guides/zgvnpbk/revision/1</p> <p>https://vegsoc.org/info-hub/definition/</p>

	<p>vegetarian can and cannot eat as well as healthy eating tips and recipe ideas.</p> <ul style="list-style-type: none"> • Practical Chicken Goujons Coating, knife skills • Farm assured foods: Watch the video on chickens on the red tractor web site and explain what it means to be a farm assured farm • Practical: Sausage and onion pie Mashing, making a roux, caramelizing. 	<p>Chicken Goujons</p> <p>https://redtractor.org.uk/dig-a-little-deeper/love-chicken-love-red-tractor/</p> <p>Sausage pie</p>
<p>Spring 2</p> <p>Consequences of a poor diet</p> <p>Special diets</p>	<p><u>Topic areas</u></p> <ul style="list-style-type: none"> • Organic Food, Review. Read through the information on the web site. Explain how organic farming differs for regular farming. Draw a table to explain the differences. • Practical Jalfrezi (chicken or paneer) 	<p>https://www.bbcgoodfood.com/howto/guide/organic</p> <p>Chicken Jalfrezi</p> <p>Paneer Jalfrezi</p>

	<ul style="list-style-type: none">• Consequences of a poor diet, Special diets. Make a poster explaining the different problems that can arise with a poor diet. Include diabetes type 2, heart disease, tooth decay and obesity.• Practical Swiss Roll whisking, folding rolling• Special diets continued, Complete the poster• Functions of ingredients: Read through the presentation on selecting ingredients (7th resource in teacher resources, then the worksheet further down). <p>Pizza Practical Dough making</p>	<p>https://www.foodafactoflife.org.uk/search-results?q=consequences+of+a+poor+diet</p> <p>Swiss Roll</p> <p>https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1</p> <p>https://www.bbc.co.uk/bitesize/guides/z23yfcw/revision/1</p> <p>https://www.foodafactoflife.org.uk/search-results?q=functions+of+ingredients</p> <p>Pizza</p>
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	What is being learnt?	Remote learning links
<p style="text-align: center;">Summer 1</p> <p style="text-align: center;">Food choices, their effect on the diet.</p> <p style="text-align: center;">How to make food choices Diet through life</p> <p>Practical skills developed from year 8</p>	<p><u>Topic Areas</u></p> <ul style="list-style-type: none"> • Recipe modification. Diet through life • Read through the first power point presentation then complete the worksheet next to this on dietary needs through life • Practical Apple pie pastry making glazing shaping and forming • Picnic lunch planning toddler menu and review. Using the information obtained from the diet through life power point please design a picnic which would be suitable for a family of a variety of ages. E.g. grandparents, toddler, child, teenager and adults. • Factors affecting food choice, Vegetarians. Using the website The vegetarian society for information (see link) design veggie guide for teen and parents including what 	<p style="text-align: center;">Remote learning links</p> <p>https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/nutritional-needs-through-life/</p> <p>https://www.bbc.co.uk/bitesize/guides/z7yttv4/revision/2</p> <p>https://www.foodafactoflife.org.uk/search-results?q=diet+through+life</p> <p>RECIPE: https://moodle.rainhammark.com/course/view.php?id=236</p> <p>https://www.bbc.co.uk/bitesize/guides/zgvnpbk/revision/1</p> <p>https://vegsoc.org/info-hub/definition/</p>

	<p>vegetarian can and cannot eat as well as healthy eating tips and recipe ideas.</p> <ul style="list-style-type: none"> • Practical Chicken Goujons Coating, knife skills • Farm assured foods: Watch the video on chickens on the red tractor web site and explain what it means to be a farm assured farm • Practical: Sausage and onion pie Mashing, making a roux, caramelizing. 	<p>Chicken Goujons</p> <p>https://redtractor.org.uk/dig-a-little-deeper/love-chicken-love-red-tractor/</p> <p>Sausage pie</p>
<p>Summer 2</p> <p>Consequences of a poor diet</p> <p>Special diets</p>	<p><u>Topic areas</u></p> <ul style="list-style-type: none"> • Organic Food, Review. Read through the information on the web site. Explain how organic farming differs for regular farming. Draw a table to explain the differences. • Practical Jalfrezi (chicken or paneer) 	<p>https://www.bbcgoodfood.com/howto/guide/organic</p> <p>Chicken Jalfrezi</p> <p>Paneer Jalfrezi</p>

	<ul style="list-style-type: none">• Consequences of a poor diet, Special diets. Make a poster explaining the different problems that can arise with a poor diet. Include diabetes type 2, heart disease, tooth decay and obesity.• Practical Swiss Roll whisking, folding rolling• Special diets continued, Complete the poster• Functions of ingredients: Read through the presentation on selecting ingredients (7th resource in teacher resources, then the worksheet further down). <p>Pizza Practical Dough making</p>	<p>https://www.foodafactoflife.org.uk/search-results?q=consequences+of+a+poor+diet</p> <p>Swiss Roll</p> <p>https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1</p> <p>https://www.bbc.co.uk/bitesize/guides/z23yfcw/revision/1</p> <p>https://www.foodafactoflife.org.uk/search-results?q=functions+of+ingredients</p> <p>Pizza</p>
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Curriculum Map
Food Preparation and Nutrition
Year 10

As you are more independent in year 10, if you are off but not as a whole year group, look at where we have got to on the list below, and email me to let me know you need work I will send over work sheets for the lesson we are doing, or use the AQA digital book linked to the stage of work we are at. If it is a practical lesson try and complete this at home and send me an email. If it is the whole year or class off we will be having a team's lesson to complete the work.

	What is being learnt?	Remote learning links
Autumn 1 Macronutrients and Food Science Protein, Fats and Oils Knife skills Measuring and weighing Food presentation Whisking Kneading	<u>Topic Areas</u> <ul style="list-style-type: none"> • Course introduction • Protein Nutrition • Protein Science • Fish Pie Practical • Protein and food science • Denaturation • Lemon Flan Practical • Gluten Formation • Bread Rolls Practical • Foams • Meringues task • Fats Nutrition • Fats Science • Plasticity 	https://illuminate.digital/aqafood/ https://www.bbc.co.uk/bitesize/guides/znnqqhv/revision/1 https://www.bbc.co.uk/bitesize/guides/znnqqhv/video https://www.bbc.co.uk/bitesize/guides/znnqqhv/test https://www.foodafactoflife.org.uk/

	<ul style="list-style-type: none"> Chocolate Orange Cake Practical 	
<p>Autumn 2</p> <p>Macronutrients and Food Science continued</p> <p>Fats and Oils Carbohydrates Raising Agents</p> <p>Practical science investigation (NEA1 practice)</p> <p>Roux sauce, kneading, Whisking, Knife skills Weighing measuring Use of oven</p>	<p><u>Topic Areas</u></p> <ul style="list-style-type: none"> Shortening Pastry Practical Pasties Aeration Emulsification Heating Fats and Oils Mini investigation Cake making different fats Carbohydrates Nutrition Carbohydrates Science Gelatinisation Lasagne Practical Dextrinisation Pinwheel practical Caramelisation Raising Agents science Swiss Roll Practical (Christmas Yule log) Rolling and folding 	<p>https://illuminate.digital/aqafood/</p> <p>https://www.bbc.co.uk/bitesize/guides/znnqqhv/revision/1</p> <p>https://www.bbc.co.uk/bitesize/guides/znnqqhv/video</p> <p>https://www.bbc.co.uk/bitesize/guides/znnqqhv/test</p> <p>https://www.foodafactoflife.org.uk/</p>

	<ul style="list-style-type: none"> • Puff pastry practical 	
	What is being learnt?	Remote learning links
<p>Spring 1</p> <p>Veganism Vegetarian Food labelling Marketing Fair trade Food miles</p>	<p><u>Topic Areas</u></p> <ul style="list-style-type: none"> • Veganism • Vegan practical task • Vegetarians • Food labelling • Explore food “food a fact of life” nutritional labelling • Choux pastry practical profiteroles or eclairs • Mille feuille practical 	<p>https://illuminate.digital/aqafood/</p> <p>https://www.bbc.co.uk/bitesize/guides/zgvnpbk/revision/1</p> <p>https://www.bbc.co.uk/bitesize/guides/zdjvgdm/revision/1</p> <p>https://explorefood.foodafactoflife.org.uk/</p> <p>https://www.foodafactoflife.org.uk/</p>
<p>Spring 2</p> <p>Food allergies and intolerances Religion and food choice Raising agents continued Food waste Food and the environment</p>	<p><u>Topic Areas</u></p> <ul style="list-style-type: none"> • Food allergies and intolerances • Allergies and intolerance practical design task • Designing for different religions food options 	<p>https://illuminate.digital/aqafood/</p> <p>https://www.bbc.co.uk/bitesize/guides/z23yfcw/revision/1</p> <p>https://www.bbc.co.uk/bitesize/guides/z23yfcw/test</p>

<p>Food waste</p>	<ul style="list-style-type: none"> • Build a burger task • Pasta practical 	<p>https://www.ifst.org/lovefoodlovescience/resources/raising-agents</p> <p>https://www.foodafactoflife.org.uk/</p>
	<p>What is being learnt?</p>	<p>Remote learning links</p>
<p>Summer 1</p> <p>Vitamins and Minerals Hydration Factors affecting food choice Dietary requirements through different age groups</p>	<p><u>Topic Areas</u></p> <ul style="list-style-type: none"> • Vitamins and minerals stick man labelling • Chicken portioning • Knife skills • Food waste practical • Food choice and factors that affect this 	<p>https://illuminate.digital/aqafood/</p> <p>https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1</p> <p>https://www.bbc.co.uk/bitesize/guides/zpt33k7/video</p> <p>https://www.bbc.co.uk/bitesize/guides/zpt33k7/test</p> <p>https://www.bbc.co.uk/bitesize/guides/ztw3y4j/revision/1</p> <p>https://www.bbc.co.uk/programmes/p02sr8th</p> <p>https://www.bbc.co.uk/bitesize/guides/z8rgw6f/revision/1</p> <p>https://www.bbc.co.uk/bitesize/guides/z8rgw6f/video</p> <p>https://www.bbc.co.uk/bitesize/guides/z8rgw6f/test</p>

		https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1 https://www.bbc.co.uk/bitesize/guides/z7fw7p3/video https://www.bbc.co.uk/bitesize/guides/z7fw7p3/test
<p style="text-align: center;">Summer 2</p> <p>Processed food and food processing Food provenance Plating up and food presentation British and international cuisines NEA2 preparation</p>	<p style="text-align: center;"><u>Topic Areas</u></p> <ul style="list-style-type: none"> • Chelsea buns • Curry with chapati plating up practical • Turncocks teacake challenge • NEA2 run-through 	https://illuminate.digital/aqafood/ https://www.bbc.co.uk/bitesize/guides/znnqqhv/revision/1 https://www.bbc.co.uk/bitesize/guides/znnqqhv/video https://www.bbc.co.uk/bitesize/guides/znnqqhv/test https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1 https://www.bbc.co.uk/bitesize/guides/zks8jty/video https://www.bbc.co.uk/bitesize/guides/zks8jty/test

		<p>https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/subject-content/food-choice</p> <p>https://quizlet.com/gb/515535659/food-preparation-and-nutrition-british-and-international-cuisines-aqa-gcse-part-1-flash-cards/</p> <p>https://moodle.rainhammark.com/course/view.php?id=233 Topic NEA2</p> <p>https://www.foodafactoflife.org.uk/</p>
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Curriculum Map
Food Preparation and Nutrition
Year 11

	What is being learnt?	Remote learning links
<p style="text-align: center;">Autumn 1</p> <p style="text-align: center;">Making healthy choices Nutrition and health Vitamins and Minerals</p> <p style="text-align: center;">Food science Shaping Bread making and shaping, kneading, frying grilling oven cooking. Knife skills Portioning chicken</p> <p style="text-align: center;">NEA2 Coursework (NEA1 Cancelled due to COVID)</p>	<p style="text-align: center;"><u>Topic Area</u></p> <p>Hydration</p> <p>Eatwell Guide</p> <p>8 Tips for healthy eating</p> <p>High Iron desserts practical Truffles</p> <p>Diet through life stages</p> <p>Hand held hot flatbread practical</p> <p>Portioning chicken (or similar skill set) practical dish</p> <p>NEA2 50% GCSE coursework Lesson Breakdown</p> <p>October 2020:</p> <ul style="list-style-type: none"> • 16th October NEA2 tasks given out 	<p style="text-align: center;">Remote learning links</p> <p>https://illuminate.digital/aqafood/</p> <p>https://www.foodafactoflife.org.uk/</p> <p>https://www.nutrition.org.uk/</p> <p>https://moodle.rainhammark.com/course/view.php?id=233</p> <p>Resources all on teams.</p> <p>Example sections on Teams and Moodle</p>

	<ul style="list-style-type: none"> • 20th October Revision guidelines for PEQs Multiple choice, shorted answer example questions. Revision guide. • 23rd October Introduction to NEA2. Run through page layouts Start Task Analysis and introduce research. Secondary research to be done over half term break if possible 	
<p>Autumn 2</p> <p>NEA2 Coursework Practical tasks Initial Skills 1 to 4</p> <p>Mock and Final 3 hour exam February 2021</p>	<p>November 2020:</p> <ul style="list-style-type: none"> • 10th November long answer questions lesson. Example past papers. • 13th November Task Analysis and Research possible ideas completed for NEA2 • 16th November to 25th November Mock exams (Depending on exam timetable you may be able to work on NEA2 or revise for FPN ONLY) • 27th November First Skills Practical <p>December 2019:</p>	<p>https://illuminate.digital/aqafood/</p> <p>Resources all on teams.</p> <p>Example sections on Teams and Moodle</p>

- 1st December First skills practical write up
- 4th December Second skills practical
- 8th December Second skills Practical write up
- 11th December Third skills practical
- 15th December Third skills Practical write up
- 18th December End of Term. Use this time to perfect your work so far. Complete any research (especially secondary) and write ups. Also look into developing your dishes you have made so far and start researching recipes to develop your initial skills practical for your final 3 hour exam.

**NEA2 Mid Submission date
on MOODLE 8th January
2021**

8th January Fourth Skills practical
12th January Fourth Practical Write up
15th January Fifth Skills Practical
19th January Practical Skills write ups if
not in options lessons

	<p>22nd January If not in options lessons Time plan and meal developments and developments table for final 3 hour exam</p> <p>26th January 26th Time plan and meal developments and developments table for final 3 hour exam Costing Nutritional information and Time plan.</p> <p>29th January Time plan and meal developments and developments table for final 3 hour exam Costing Nutritional information and Time plan.</p> <p>February 2021:</p> <p>2nd February January Time plan and meal developments and developments table for final 3 hour exam Costing Nutritional information and Time plan</p> <p>5th February Final planning for Mock exam</p> <p>9th February Final planning for Mock exam</p> <p>11th February (half of the group, names TBC) Mock NEA2 practical exam 3 hours plus sensory testing clearing up and photos N7 9am until 12:40pm</p> <p>12th February (half of the group, names TBC) Mock NEA2 practical exam</p>	
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	<p>3 hours plus sensory testing clearing up and photos N7 9am until 12:40pm Half Term. Re type adapted time plan to demonstrate improvements required for final exam. 26th February Final time plan, Costing and Nutritional information for final two dishes. March 2021: 2nd March Costing and Nutrition. Ensure you know equipment needed for exam 5th March costing and Nutrition Ensure you know equipment for final exam. 9th March Check bibliography and finalise all coursework except final write ups of practical work 11th March (half of the group, names TBC) Final NEA2 practical exam 3 hours plus sensory testing clearing up and photos N7 9am until 3:20pm 12th March (half of the group, names TBC) Final NEA2 practical exam 3 hours plus sensory testing clearing up and photos N7 9am until 3:20pm 16th March Final write ups 19th March Final write ups 23rd March final check of coursework Final write up and conclusions Bibliography, candidate name, number,</p>	
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	<p>centre name, number, spell check grammar check etc 26th March FINAL Deadline Final write up and conclusions Bibliography, candidate name, number, centre name, number, spell check grammar check etc 26th March Completion and submission DEADLINE NEA2 Hand in 3:20 latest on TEAMS</p>	
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