

RMGS CURRICULUM MAP FOOD PREPARATION AND NUTRITION

“Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime”

Food is a vital part of our daily lives and is essential for life. As our students become adults and have busy lives, it is easy to choose food which has been ready prepared. However, it is more nutritious and often cheaper to cook simple, delicious food. At Rainham Mark Grammar School students will develop their knowledge and understanding of nutrition, healthy eating, food preparation, hygiene, cooking techniques, sensory characteristics, food choice and food waste.

We aim to;

- Give our students vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.
- Encourage the development of high skills and resilience in a safe environment, allowing students to demonstrate commitment and act on feedback.
- Empower students to enable them to follow a recipe and substitute ingredients and cooking methods as appropriate, demonstrating an understanding of food choices e.g. veganism, allergies and healthy eating.
- Develop understanding that will allow students to become discriminating consumers of food products, enabling them to participate in society in an active and informed manner.
- Engage with students to encourage them to understand the environmental factors which affect the inequalities in food distribution on a global scale and give them an understanding of the need to minimise ‘food waste’ starting with their own practise.
- Allow students to explore a number of multicultural perspectives concerning food. Students will enhance their understanding, appreciation and acceptance of people from a variety of cultural backgrounds through the preparation of food from different countries. (Empathy)
- Encourage our students to develop an awareness and acceptance of diversity within our community.
- Our hope is that through Food Technology, students are provided with a context through which to explore the richness, pleasure and variety that food adds to life.

The Food Preparation and Nutrition curriculum at RMGS is modelled on the progression framework produced by the Design and Technology Association in response to the NC2014. And links individual recipes to the twelve skill groups outlined in the GCSE Food Preparation and Nutrition specification (8585) Year 8 and 9 recipes include the following skills with year 8 being at an introductory level with the option of increasing difficulty levels throughout and year 9 being more advanced recipes with increased skill accuracy and content. S1 – General practical skills, weighing, measuring, preparation of ingredients S2 – Knife skills S3 – Preparing fruit and vegetables S4 – Use of the cooker S5 – Use of equipment S6 – Cooking methods S7 – Prepare, combine and shape S9 – Tenderise and marinate S10 – Dough S11 – Raising agents S12

At KS4 the scheme of work follows the guidelines given in the AQA Food preparation and Nutrition specifications with recipes modelled on those used from the recommended Illuminate publishing full course guide.

The schemes of work from year 8 through to year 11 are designed to lead to the assessment objectives of the new 9-1 grading system. The Food Preparation and Nutrition curriculum as a cohesive 4-year curriculum with themes and experiences that build and extend on prior learning. The constant evaluation, modification and improvement of our provision is intended to keep up with the ever-changing food science developments and trends.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
10	Nutrients Macro and Food Science Course introduction NEA task explanation Nutrients introduction Eatwell guide recap Proteins nutrition Practical assessment Scrambled eggs on toast Proteins food science Practical assessment Lemon Flan Carbohydrates nutrition Carbohydrates food science Practical assessment Shaped Bread Fibre Fats nutrition Practical assessment Chocolate orange cake	Nutrients Macro and Micro and Food Science Fats food science. Practical assessment Cheese and vegetable pasties Raising agents' characteristics Practical assessment Swiss roll own lemon curd or jam Raising agent's food science Micro nutrients – vitamins Practical assessment Profiteroles Micronutrients minerals Practical assessment Rough Puff Pastry Hydration Practical assessment Fruit infused water	Food Safety, Food Poisoning buying and storing food, bacteria Temperatures Food poisoning, Food Safety Types of bacterial contamination. Practical assessment Chicken portioning Food Spoilage Enzymic Browning. Practical assessment Burgers flavoured seasoned Buying, preparing and storing food Practical assessment Easton mess Meringues coulis double cream Reheating, thawing and preparing food	Cooking of food and heat transfer Making informed food choices Why food is cooked and how heat is transferred to food., Practical assessment Marinating chicken and homemade wraps Selecting appropriate cooking methods Practical assessment Pasta with roux sauce Dietary guidelines The government's guidelines for a healthy diet Practical assessment Cottage or shepherd's pie Dietary needs for different stages of life Food allergies and intolerances The dietary reference values (DRVs) Practical assessment Design a meal suitable for a teenager Factors which influence food choice Energy Nutritional analysis. Major diet related health issues	International cuisine Factors affecting food choice, labelling and marketing British and international cuisines Distinctive features and characteristics of cooking Practical assessment Paneer curry with naan bread Food choice, religion, culture, ethical and moral beliefs medical conditions. Practical assessment Chelsea buns Food labelling and marketing influences: Traffic light labelling lesson law and non-law identifying requirements on labels- Practical assessment Cookies comparison ingredients labelling sensory Sensory testing Sensory analysis of food products Fair testing Setting up a tasting panel	End of year Exam Environmental impact and sustainability Food Sources- grown, reared and caught. Environment and food sustainability. Practical assessment Seasonal fruit strawberry cheesecake/summer pudding local foods and supporting farmers food miles. seasonal foods sustainability organic foods, food waste Sustainability of food- climate change Practical assessment Meat free version of own dish Availability of food, Fairtrade Food processing and production fortification additives Genetically Modified (GM) foods. MOCK NEA 1 Practical assessment Cupcake investigation: Group work, fat flour or sugar variables. Mini investigation write up

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<p>NEA1 Sections A,B,C 1st September release (15% Final GCSE 30 Marks max) Choice of three investigations Research, investigation (x3) Analysis and Evaluation</p> <p>Theory of Food Preparation and Nutrition</p> <p>Food Preparation Skills Food, Nutrition & Health Macronutrients Micronutrients Nutritional Needs & Health</p> <p>Food Science Cooking of Food & Heat Transfer Functional & Chemical Properties of Food</p>	<p>NEA2 Sections A,B, 1st November release (35% Final GCSE 70 Marks max) Choice of three Research Demonstrating technical skills</p> <p>PEQ</p> <p>Theory of Food Preparation and Nutrition</p> <p>Food Safety Food Spoilage & Contamination Principles of Food Safety</p> <p>Food Choice Factors Affecting Food Choice British & International Cuisines Sensory Evaluation</p> <p>Food Provenance Environmental Impact & Sustainability of Food Food Processing & Production</p>	<p>NEA Section C,D,E</p> <p>Planning the final menu Making the final dishes 3 hour practical exam Analysis and evaluation</p> <p>Final submission of NEA1 and NEA2</p> <p>Theory of Food Preparation and Nutrition</p> <p>Revision gaps in learning</p>	<p>Theory Food of Food Preparation and Nutrition Revision for final exam.</p> <p>Techniques, multiple choice long answer questions</p>		
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