

Curriculum Overview 2016 Subject:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11						
Themes/Topics/ Content	Unit 3: Exploring balanced diets Exam prep, revision + Mock	Exam (unit 3) - Unit 1: Preparing to cook	Unit 2: Understanding food	Unit 4: Plan and produce dishes in response to a brief		
Skills/Aos	During this half term pupils will be focusing on exam preparation and the theory surrounding the importance of a balanced diet. Within this they will cover nutrients, requirements for different groups of people, healthy eating advice, nutritional information and make recommendations on a food diary. they will be able to change recipes to make them healthier by assessing a recipe on terms of its contribution to healthy eating, how it can be changed and other factors that could affect the finished dish.	During the first week of this half term (1.11.17) pupils will have their unit 3 exam - exploring balanced diets. Following this they will begin unit 1 - preparing to cook. Within this unit pupils will cover safe and hygienic practices to prepare both self and the cooking environment. they will identify potential risks and hazards in the cooking environment, describe equipment and utensils and how they are prepared, cleaned and stored. Pupils will look at the purpose and stages of a recipe, then identify the purposes of different ingredients with a recipe. They will revisit and describe individual cooking skills.	During this half term pupils will choose their own recipes for dishes and apply their choices of ingredients to make given dishes. the recipe requirements will be to create a pasta dish, a meat dish, a pastry dish, a vegetarian dish and a dish with rice. They will evaluate and evidence their practical work for their portfolio. They will demonstrate safe and hygienic working practices, cleaning and storing a range of equipment and utensils, and demonstrate a range of skills relevant to the recipe chosen. Pupils will cover the main food groups and the Eatwell Guide, and sources of foods from each main food group. Pupils will look at factors affecting food choices - including social, environmental, cost and sensory. They will learn how seasons affect food availability, which foods are in season and the benefits /impacts of using food that is in/out of season.	During this half term pupils will design their own menu and select their own choices of recipes and ingredients in response to a set brief. They will identify the requirements for the menu and develop a plan of action. Whilst doing practicals pupils will demonstrate how to prepare themselves and the environment for cookings, demonstrate safe and hygienic practices throughout. Pupils will document practicals with annotated recipes, photographic evidence and observation sheets. They will assess the strengths and weaknesses of the menu, planning and preparation process and of the completed dish. Then evaluate how they have met the brief with their menu.		
Assessment	Exam questions from past papers, Mock exam (4.10.17), practical observations.	Externally assessed unit - 2 hour exam (1.11.17). Internal assessment of unit 1 practical work, assessment criteria 4.1-4.5. Portfolio evidence assessments.	Internal assessment of unit 2 assessment criterion; practical planning for 3.1, practical work for 3.2 and practical evaluation for 3.3. Portfolio evidence assessments.	practical observations, internal 2 hour practical assessment, portfolio evidence assessments.		
Exam Boards	NCFE VCERT	NCFE VCERT	NCFE VCERT	NCFE VCERT	NCFE VCERT	NCFE VCERT
Year 10						
Themes/Topics/ Content	Unit 1: Preparing to cook Unit 3: Exploring balanced diets	Unit 1: Preparing to cook. Unit 3: Exploring balanced diets	Unit 2: Understanding food. Unit 3: Exploring balanced diets	Unit 2: Understanding food. Unit 3: Exploring balanced diets	Unit 4: Plan and produce dishes in response to a brief. Unit 3: Exploring balanced diets	Unit 4: Plan and produce dishes in response to a brief. Unit 3: Exploring balanced diets

Skills/Aos	Within this unit pupils will cover safe and hygienic practices to prepare both self and the cooking environment. they will identify potential risks and hazards in the cooking environment, describe equipment and utensils and how they are prepared, cleaned and stored. Pupils will look at the purpose and stages of a recipe, then identify the purposes of different ingredients with a recipe. They will revisit and describe individual cooking skills.	continuation of unit 1 preparing to cook. Exam style questions from Unit 3: Exploring balanced diets.	During this half term pupils will choose their own recipes for dishes and apply their choices of ingredients to make given dishes. the recipe requirements will be to create a pasta dish, a meat dish, a pastry dish, a vegetarian dish and a dish with rice. They will evaluate and evidence their practical work for their portfolio. They will demonstrate safe and hygienic working practices, cleaning and storing a range of equipment and utensils, and demonstrate a range of skills relevant to the recipe chosen. Pupils will cover the main food groups and the Eatwell Guide, and sources of foods from each main food group. Pupils will look at factors affecting food choices - including social, environmental, cost and sensory. They will learn how seasons affect food availability, which foods are in season and the benefits /impacts of using food that is in/out of season.	Continuation of Unit 2: understanding food. Exam style questions from Unit 3: Exploring balanced diets.	During this half term pupils will design their own menu and select their own choices of recipes and ingredients in response to a set brief. They will identify the requirements for the menu and develop a plan of action. Whilst doing practicals pupils will demonstrate how to prepare themselves and the environment for cooking, demonstrate safe and hygienic practices throughout. Pupils will document practicals with annotated recipes, photographic evidence and observation sheets. They will assess the strengths and weaknesses of the menu, planning and preparation process and of the completed dish. Then evaluate how they have met the brief with their menu.	Continuation of Unit 4: plan and produce dishes in response to a brief. Exam style questions from Unit 3: Exploring balanced diets.
Assessment	Unit 1 evidence portfolio assessment. Internal assessment of unit 1 practical work, assessment criteria 4.1-4.5. Exam style questions for unit 3	Unit 1 evidence portfolio assessment. Internal assessment of unit 1 practical work, assessment criteria 4.1-4.5. Exam style questions for unit 3	Internal assessment of unit 2 assessment criterion; practical planning for 3.1, practical work for 3.2 and practical evaluation for 3.3. Portfolio evidence assessments. Exam style questions for unit 3	Internal assessment of unit 2 assessment criterion; practical planning for 3.1, practical work for 3.2 and practical evaluation for 3.3. Portfolio evidence assessments. Exam style questions for unit 3	practical observations, internal 2 hour practical assessment, portfolio evidence assessments. Exam style questions for unit 3	Exam style questions for unit 3
Exam Board	NCFE VCERT	NCFE VCERT	NCFE VCERT	NCFE VCERT	NCFE VCERT	NCFE VCERT
Year 9	Rotation1			Rotation 2		
Themes/Topics/ Content	Food safety, hygiene and the Eatwell Guide	Developing practical skills	Healthy eating advice	Food safety, hygiene and the Eatwell Guide	Developing practical skills	Healthy eating advice
Skills/Aos	Year 9 focuses on skill development in preparation for the VCERT. We start the year by recalling information regarding health and safety, expectations and nutrition.	Developing practical skill In term 2 we prepare a wide range of foods from across the world. We build on knowledge learnt in year 8 by working with a wider range of foods. Working with a range of foods pupils will begin to expand their manipulative skills and will learn about proportionality in recipes. Christmas Cookery is a feature of this term and we look at how other cultures celebrate Christmas and their varying traditions.	During this half term pupils will begin to refine and develop higher level skill in preparation for practical work at VCERT. Exam style question will be given on the importance of a balanced diet, healthy eating advice, nutritional information and recommendations on a food diary.	Year 9 focuses on skill development in preparation for the VCERT. We start the year by recalling information regarding health and safety, expectations and nutrition.	Developing practical skill In term 2 we prepare a wide range of foods from across the world. We build on knowledge learnt in year 8 by working with a wider range of foods. Working with a range of foods pupils will begin to expand their manipulative skills and will learn about proportionality in recipes. Easter Cookery is a feature of this term and we look at how other cultures celebrate Easter	During this half term pupils will begin to refine and develop higher level skill in preparation for practical work at VCERT. Exam style question will be given on the importance of a balanced diet, healthy eating advice, nutritional information and recommendations on a food diary.

Assessment	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory. Exam style questions	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory. Exam style questions
Year 8	Rotation1			Rotation 2		
Themes/Topics/ Content	Food safety, hygiene and the Eatwell Guide	Nutrition and Multi-cultural foods	Developing practical skills	Food safety, hygiene and the Eatwell Guide	Nutrition and Multi-cultural foods	Developing practical skills
Skills/Aos	Pupils begin the term by recalling information regarding health and safety, expectations and nutrition. Pupils learn about the Eatwell Guide and the importance of a healthy diet. They will prepare foods which they will assess for good nutrition.	Pupils look at how dishes can be adapted so that they are healthier. We look at the ingredients used and cooking methods. Our multicultural sections include foods from Europe and Asia. Bonfire Night and Christmas are features of this half term	During this half term we build on knowledge learnt so far from both the previous term and also in year7. Working with a range of foods pupils will begin to expand their skills and will learn about seasonality.	Pupils begin the term by recalling information regarding health and safety, expectations and nutrition. Pupils learn about the Eatwell Guide and the importance of a healthy diet. They will prepare foods which they will assess for good nutrition.	Pupils look at how dishes can be adapted so that they are healthier. We look at the ingredients used and cooking methods. Our multicultural sections include foods from Europe and Asia. Easter Cookery is a feature of this term and we look at how other cultures celebrate Easter	During this half term we build on knowledge learnt so far from both the previous term and also in year7. Working with a range of foods pupils will begin to expand their skills and will learn about seasonality.
Assessment	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.
Year 7	Rotation1			Rotation 2		
Themes/Topics/ Content	Intorduction into health and safety, food preperation and nutrition	Healthy lifestyles	Cooking Methods	Intorduction into health and safety, food preperation and nutrition	Healthy lifestyles	Cooking Methods
Skills/Aos	Pupils learn about health and safety in the Food room. They then move on to look at the equipment that is required for practical dishes. They will start with basic skill work and move towards developing techniques, experiences and skills in the kitchen.	Pupils learn about the Eatwell Guide and the importance of a healthy diet. They will prepare foods which they will assess for good nutrition. During this half term we begin to look at developing practical cookery skills and continue to consolidate food hygiene and safety throughout the remainder of the term. Christmas Cookery is a feature of this term and we look at how other cultures celebrate Christmas and their varying traditions.	Pupils will look at the variety of different cooking methods, explaining how they are used in the preparation of dishes and also identifying dishes that can be prepared using each method. Covering methods of cooking in an oven, cooking in oil, and cooking in water.	Pupils learn about health and safety in the Food room. They then move on to look at the equipment that is required for practical dishes. They will start with basic skill work and move towards developing techniques, experiences and skills in the kitchen.	Pupils learn about the Eatwell Guide and the importance of a healthy diet. They will prepare foods which they will assess for good nutrition. During this half term we begin to look at developing practical cookery skills and continue to consolidate food hygiene and safety throughout the remainder of the term. Easter Cookery is a feature of this term and we look at how other cultures celebrate Easter	Pupils will look at the variety of different cooking methods, explaining how they are used in the preparation of dishes and also identifying dishes that can be prepared using each method. Covering methods of cooking in an oven, cooking in oil, and cooking in water.
Assessment	Health and safety assesment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assesment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.	Health and safety assessment, practical assessment, knowledge organiser tests to assess theory.