



Shipston High: My Food Journey

KEY STAGE 3

Food & Nutrition for Years 7–9

YEAR 9 — Food science, commodities and preparation for KS4

Food safety and the EHO

Build on safe food preparation and explore the role of the Environmental Health Officer.

The hospitality industry

Job roles, personal attributes and factors affecting the success of hospitality and catering providers.

Food science

Enzyme browning, the Maillard reaction, raising agents, shortening and nutrient functions.

Commodities and sustainability

Primary and secondary processing, organic farming, seasonal foods and Fairtrade ethics.

12

11

10

9

YEAR 9



Apply food science and make links to the Hospitality & Catering industry.

YEAR 8 — Bacteria, energy balance and informed food choices

Bacteria and food poisoning

Conditions for growth, temperature danger zone, binary fission and preventing food poisoning.

Nutrients and energy balance

Protein, fats, carbohydrates, vitamins and minerals. Link diet, energy needs and health.

Food choice

Special diets, religion and lifestyle. Revisit healthy eating and use sensory analysis.

Developing practical skills

Cook a wider range of dishes, improve accuracy and apply safe working routines.

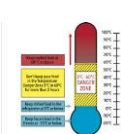
YEAR 8

5

6

7

8



Develop practical confidence and make informed decisions about food choice.

YEAR 7 — Food safety, healthy eating and practical foundations

Practical foundations

Prepare a range of savoury and sweet dishes while developing basic culinary skills.

Nutrients

Macronutrients and micronutrients: their roles in a healthy, varied diet.

The Eatwell Guide

Food groups, a balanced diet, food labels, fats, sugars and water.

Food safety

Equipment, cooking safety, cross-contamination and the 4Cs. Cleaning, hygiene, storage and handling.

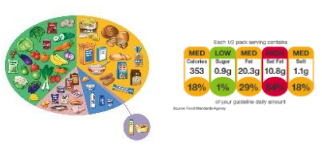
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3

2

1

YEAR 7



Build a basic understanding of nutrition and safe, confident cooking.

Savoury and sweet practical work develops alongside theory throughout KS3.



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KEY STAGE 4

WJEC Level 1/2 Hospitality & Catering

YEAR 11 — Assessment, revision and progression

Practice and mock NEA	Unit 2 NEA	Unit 1 revision and exam	Post-16 destinations
Rehearse planning, practical skills, presentation and evaluation.	Apply knowledge and practical skills to the assignment brief.	Practise applied questions and consolidate industry and food safety knowledge.	Further study, apprenticeships and professional hospitality and catering routes.
13	14	15	16



YEAR 11 — Unit 2: hospitality and catering in action

2.4 Evaluation	2.3 Practical skills	2.2 Menu planning	2.1 Nutrition
Review the dishes and your own planning, organisation and performance.	Prepare, cook and present dishes while applying food safety practices.	Choose suitable dishes and plan their production to meet the brief.	Nutrient functions, different dietary needs and the effect of cooking methods.
12	11	10	9



YEAR 11

YEAR 10 — Unit 1: health, safety and food-induced ill health

1.3 Workplace safety	1.3 HACCP	1.4 Food-induced ill health	1.4 EHO and food safety
Recognise hazards, assess risk and apply safe working practices.	Identify critical points and use controls and records to manage food safety.	Causes, symptoms and preventative measures, including food hygiene.	The Environmental Health Officer and food safety responsibilities.
5	6	7	8



YEAR 10 — Unit 1: industry and how providers operate

1.2 Customer needs	1.2 Operations	1.1 Jobs and conditions	1.1 Providers
Adapt provision to meet different customer requirements and expectations.	Front and back of house, workflow, equipment and organisation.	Roles, attributes, employment and factors affecting provider success.	Hospitality and catering provision and types of service.
4	3	2	1



YEAR 10

Unit 1 written examination: 40% Unit 2 NEA: 60%

Practical preparation, cooking and presentation develop alongside theory.
Food & Nutrition foundations support confident progression into the industry.