

Curriculum Map: Food/Health

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Unit 1- Introduces Year 7 pupils to the subject of food teaching. Food safety to include the importance of personal hygiene when handling food. Introduction of basic knife skills (claw and bridge hold), use of a peeler. Introduction to the use of a cooker; grill, hob and oven. Pupils build on their practical skills starting with knife skills making fruit fusion. This is followed by croquet monsieur then flapjack. Once all core components are learned teaching focuses on teaching uniform knife skills, how to combine ingredients correctly.</p> <p>A personal Independent Project is launched half way through the rotation. This is a design and make style homework, culminating in pupils being able to showcase their work to their peers. The final assessed project is to design and make a smoothie to include 3 of your 5 a day.</p> <p>Baseline assessment carried out at the start, in the middle and at the end so progress can be shown.</p>					
Year 8	<p>Unit 2- Builds on the theory and practical skills delivered in unit 1. Encouraging pupils to modify recipes to suit theirs/family requirements. Knife skills and food safety continue to be of key importance. Practical skills harness the ability to create family meals using a range of commodities. These include ragu (assessed practical), spaghetti bolognese (assessed practical), fajitas, dough-bread rolls and pizza. The final project continues with the theme of dough and is to design and make a healthy pizza. Looking at healthier alternatives to a white bread base and reduced fat toppings. Baseline assessment carried out at the start, in the middle and at the end so progress can be shown.</p> <p>Carbohydrates and protein and a key focus.</p>					
Year 9	<p>Unit 3- The focus is on investigative work which links well to KS4 Food. Knife skills, food safety, nutrition, investigation tasks. The unit starts with the topic of gelatinisation, looking at starch based sauce. Pupils investigate the correct quantities needed to make a white sauce. This is completed through a series of investigations to look at viscosity. Key terminology is used to prepare for ks4. Cooking Methods include- grilling, frying, baking, boiling, roasting and simmering.</p>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 Wjec Eduquas, Food Preparation and Nutrition	Food commodities and provenance. Bread, fruit and vegetables, cereals and sauces, chicken and fish. Food science-	Diet and good health. Carbohydrates, vitamins and minerals, protein, fats, macro & micro nutrients, nutritional values, food allergies and intolerances.	Principles of nutrition, food hygiene, COSHH, HACCP, Types of bacteria, key temperature, first aid, EHO, food hygiene	HASAWA, Risk assessment, fire prevention, HSE. Cooking and food preparation. Science of food- learnt through practical cookery and experimentation	Portion control and costing. Use of Nutrition program. Bone health and heart health. Revision. Mock Exam. Start NEA 1 Mock.	Complete NEA mock. Consolidation of year 10 work. Preparation for NEA 1 in September.

	gelatinisation, dextrinization, caramalisation, maillard reaction, heat transfer.	Knife skills, enrobing, butchery, butter and yogurt making.	regulations			
Year 10 OCR level 1/2 Cambridge Nationals Child Development	<p>R018: Reproduction and the roles and responsibilities of parenthood</p> <p>Antenatal care and preparation for birth</p>	<p>The stages of labour.</p> <p>Postnatal checks, postnatal provision and conditions for development.</p>	<p>RO19 Understand the equipment and nutritional needs of children from birth to five years = 4 Tasks to complete.</p> <p>Task 3: Nutritional requirements from birth to 5 years.</p>	<p>Task 4 Develop a feeding solution for a child from birth to 5 years.</p> <p>Task 1 Equipment for a nursery – 0 to 12 months</p> <p>Revision for Mock exam.</p>	<p>Task 1 Continue Equipment for a nursery: 0 to 12 months.</p> <p>Task 2 Equipment for a nursery: one to 5 years.</p>	<p>RO18 Conditions for development. Improvements to coursework.</p>
Year 11 OCR Level 1&2 Cambridge Nationals Child Development	<p>R018: How to recognise manage and prevent childhood illnesses.</p> <p>Know about child safety.</p>	<p>RO18 Child safety. The need for acceptable patterns of behaviour and approaches to discipline.</p> <p>R020: Child study coursework: Research the Physical, Intellectual, and Social Development of the child from birth to 5 years.</p> <p>Mock exam revision.</p>	<p>Exam revision</p> <p>External exam January</p> <p>R020: Child Study</p> <p>LO2 – The benefits of learning through play: Research</p>	<p>RO20 LO3: Meet the parents and the child. Write a child profile. Plan different activities (2) for a chosen development area with a child from birth to 5 years.</p> <p>LO4: Carry out and evaluate different play activities for a chosen development</p>	<p>RO20 Act on Feedback on coursework. Hand in final piece. Work to moderator in May.</p> <p>RO18 Exam revision for external exam in June.</p>	<p>Revision sessions before external exam.</p>

				al area with a child from birth to five years. Evaluate the activities. Write a final evaluation.		
Year 11 GCSE Food Preparation and Cooking	3 R's, packaging, food science, dietary considerations, portion control and costing. NEA 1 released 1 st September. Scientific investigation (8 hours).	NEA 2 released 1 st November (3 course meal with accompaniments, 12 hours controlled assessment). 3 hours of this is for the practical exam. Revision for mock exam.	Revision for summer examinations. Revisiting core topics- nutrition, food hygiene, safety. Ensure all NEA coursework is completed and signed off read for moderation.	Revision for examinations. Past papers, exam style questions. Practice techniques for long answer questions. Coursework off for moderation.		
Year 12 Health and Social Care OCR Level 3 Cambridge Technicals	Unit 2 Teacher 1: LO1 Concepts of equality, diversity and rights and how these are applied in the context of health, social care and child care environments. Teacher 2: LO3 How current, legislation and national initiatives promote anti discriminatory practice in health, social care and child	Teacher 1: LO2 The impact of discriminatory practices on individuals in health, social care and child care environments. Teacher 2: LO4 How equality, diversity and rights in health, social care and child care environments are promoted. Revision for January External exam.	January Unit 2 Exam. Start Unit 3 and Unit 1 Unit 3: Teacher 2 LO1 Potential hazards in health, social care and child care environment. LO2 How legislation, policies and procedures promote health, safety and security in health, social care and child care environments.	Unit 3: Teacher 2 LO3 The roles and responsibilities involved in health, safety and security in health, social care and child care environments. LO4 How to respond to incidents and emergencies in a health, social care or child care environment.	May: Unit 3 exam Start Unit 14 Long-term physiological conditions are; their causes and symptoms	Unit 14 Long-term physiological conditions are; their causes and symptoms

	care environments.					
Year 12 Health and Social Care Double Award			Unit 1: Teacher 1: Coursework LO1Understand relationships in health, social care or child care environments. LO2Understand the factors that influence the building of relationships	Unit 1 Teacher 1LO3Understand and how a person-centred approach builds positive relationships in health, social care or child care environments. LO4 Be able to use communication skills effectively to build positive relationships in a health, social care or child care environment .	Complete Unit 1	
Year 12 Level 3 Food Science and Nutrition	Unit 1 Meeting needs the nutritional needs of Specific groups. This is the only unit completed in year 12. It has a large content and consists of the nutrition and science element of	Unit 1 (continued) Mock exam for unit 1	Unit 1 Internal coursework. Revision for	Unit 1 Exam	Unit 1 examination (externally marked)	

	the course.					
Year 13 Level 3 Food Science and Nutrition	Unit 3 Experimenting to solve food production problems. This is an internally assessed piece of work	Unit 3 Completion of unit 3 coursework, internally marked.	Unit 2- Theory content		Unit 2- Task is released on May 1 st . 8 hours (over 3 weeks) to complete task. Externally assessed. Retake of unit 1 exam if required.	
Year 13 Health & Social Care	Unit 14: Know about end of life care. Understand effects of long-term physiological conditions	Unit 4: The control and regulatory systems, malfunctions and their impact on individuals. The sensory systems, malfunctions and their impact on individuals. Exam Revision.	External OCR exam January. Unit 10 Nutrition for Health Nutritional and diet guidelines. The functions of nutrients.	Unit 10 Nutrition for Health Factors which influence nutritional health. Make recommendations to improve nutritional health – record food intake, complete quantitative analysis, make recommendations.	Act on Feedback to coursework. External Moderation of Unit 14 and 10.	