



# CORE KNOWLEDGE FOOD AND COOKING

*What I will know and understand by the end of Year 7.*

This year in Food we will be learning:		This links to:	Key Vocabulary:
1	<p style="text-align: center;"><b><u>Hazards and Equipment</u></b></p> <ul style="list-style-type: none"> <li>We will be encouraged to have a love of cooking for pleasure.</li> <li>We will learn why we eat food.</li> <li>We will develop skills and knowledge to keep us safe in the kitchen.</li> <li>We will develop the knowledge to use all parts of the oven.</li> <li>We will acquire creative, technical and practical expertise needed to perform every day tasks confidently.</li> <li>We will build and apply a repertoire of knowledge, understanding and skills in order to create high quality dishes.</li> </ul>	<ul style="list-style-type: none"> <li>You will build on skills from Primary or learnt at home.</li> <li>You will build strong foundations to base your craft on throughout KS3.</li> </ul>	<ul style="list-style-type: none"> <li>Conduction</li> <li>Convection</li> <li>Radiation</li> <li>Maintenance</li> <li>Mise en Place</li> <li>Diet</li> <li>Balanced</li> <li>Nutrients</li> <li>Kneading</li> <li>Proving</li> </ul>
2	<p style="text-align: center;"><b><u>Healthy Eating</u></b></p> <ul style="list-style-type: none"> <li>We will develop your knowledge of healthy eating.</li> <li>We will learn why breakfast is so important.</li> <li>We will develop an understanding of the Eat Well Guide.</li> <li>We will understand the 8 healthy tips.</li> </ul>	<ul style="list-style-type: none"> <li>Healthy eating features heavily over the curriculum. You will constantly evaluate the dishes you design and cook against the Eatwell guide.</li> </ul>	<ul style="list-style-type: none"> <li>Energy Needs</li> <li>Healthy Diet</li> <li>Carbohydrate</li> <li>Protein</li> <li>Dairy</li> <li>Fibre</li> <li>Hydration</li> <li>Vitamins</li> <li>Oils</li> <li>Traffic Light Food Label</li> </ul>
3	<p style="text-align: center;"><b><u>Food Provenance</u></b></p> <ul style="list-style-type: none"> <li>We will explore where food comes from.</li> <li>We will learn the different vegetable classifications.</li> <li>We will explore the process of farm to fork.</li> <li>We will evaluate our dishes.</li> <li>We will design and make a meal suitable for our family.</li> </ul>	<ul style="list-style-type: none"> <li>You will be introduced to where food comes from, you will be asked to take notice of the foods you buy and how far they have travelled.</li> </ul>	<ul style="list-style-type: none"> <li>Fortified</li> <li>Primary Processing</li> <li>Secondary Processing</li> <li>Milling</li> <li>Tuber</li> <li>Sustainable</li> <li>Food Miles</li> <li>Free Range</li> <li>Intensive Farming</li> <li>Food Provenance</li> </ul>
4	<p style="text-align: center;"><b><u>Cake Making Methods and Functions of Ingredients</u></b></p> <ul style="list-style-type: none"> <li>We will learn the functions of basic ingredients.</li> <li>We will learn about sensory analysis and testing.</li> <li>We will use the knowledge gained to show creativity in our dishes.</li> <li>We will develop shortcrust pastry making skills.</li> <li>We will develop awareness of costing products.</li> <li>We will develop awareness of nutritional analysis.</li> </ul>	<ul style="list-style-type: none"> <li>You will develop knowledge of functions of ingredients, this will give you more confidence to start to experiment with your own recipes. If you know what an ingredient does you can start to use substitutes if needed.</li> </ul>	<ul style="list-style-type: none"> <li>Rubbing in</li> <li>All in one</li> <li>Melting</li> <li>Bain Marie</li> <li>Sensory Analysis</li> <li>Dough</li> <li>Shortening</li> <li>Sieving</li> <li>Triangle test</li> <li>Whisking</li> </ul>

Target Grade:	AP1:	AP2:	AP3:
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# CORE KNOWLEDGE DIET AND HEALTH

*What I will know and understand by the end of Year 8.*

This year in Food we will be learning:		This links to:	Key Vocabulary:
<b>1</b>	<p style="text-align: center;"><b><u>Diet and Health</u></b></p> <ul style="list-style-type: none"> <li>We will deepen our knowledge of how we cook food and the different heat transfer methods.</li> <li>We will deepen our knowledge of the Eatwell guide, including fibre and hydration.</li> <li>We will deepen and apply our knowledge of energy and why it is needed.</li> <li>We will deepen our knowledge of protein: including sources, types and functions.</li> <li>We will develop an understanding of key micro nutrients such as: vitamins A, D, B group and C.</li> <li>We will deepen our knowledge of factors affecting food choice such as religion, culture and social influences.</li> <li>We will develop our knowledge of food science.</li> </ul>	<ul style="list-style-type: none"> <li>You will build on skills such as analysing packaging and using the traffic lights on food labels. You can also notice these as you shop.</li> <li>You will analyse your diet and energy output and see how you can make changes to improve.</li> <li>You will link to science as you look at the chemical changes to food as it is manipulated and cooked.</li> </ul>	<ul style="list-style-type: none"> <li>Convection</li> <li>Absorb</li> <li>Conduction</li> <li>Micronutrient</li> <li>Radiation</li> <li>Kilocalories</li> <li>Vitamin</li> <li>Connective tissue</li> <li>Mineral</li> <li>Basal Metabolic Rate (BMR)</li> </ul>
<b>2</b>	<p style="text-align: center;"><b><u>Family Meals</u></b></p> <ul style="list-style-type: none"> <li>We will continue to build and apply a repertoire of knowledge, understanding and skills in order to create and make recipes and dishes for a wide range of people.</li> <li>We will deepen our knowledge of the eight healthy tips.</li> <li>We will investigate the variety eggs provide for the family.</li> <li>We will develop our knowledge of Fairtrade, Organic and GM foods.</li> <li>We will design and make our own family meal.</li> <li>We will develop our time planning skills.</li> </ul>	<ul style="list-style-type: none"> <li>You will build upon your knowledge of family meals and explore the importance of eating together.</li> <li>Health and safety continues to be a focus during the practical sessions.</li> </ul>	<ul style="list-style-type: none"> <li>Cuisine</li> <li>Balanced</li> <li>Seasonal foods</li> <li>Coagulation</li> <li>Fairtrade</li> <li>Reduction</li> <li>Organic</li> <li>Denaturation</li> <li>Genetically Modified</li> <li>Versatile</li> </ul>
<b>3</b>	<p style="text-align: center;"><b><u>Macro Nutrients</u></b></p> <ul style="list-style-type: none"> <li>We will deepen our knowledge of sugar as a commodity.</li> <li>We will deepen our knowledge of fat as a commodity.</li> <li>We will understand healthier choices.</li> <li>We will deepen our knowledge of protein complementation.</li> <li>We will design and make our own healthy well balanced meal.</li> <li>We will deepen our knowledge of complex and simple carbohydrates.</li> <li>We will evaluate and test our dishes.</li> </ul>	<ul style="list-style-type: none"> <li>You will build on skills of nutrition which links in to your PE lessons.</li> <li>You will showcase the practical skills you have learnt over the year.</li> <li>Macro nutrients are the basis of all nutrition.</li> </ul>	<ul style="list-style-type: none"> <li>High Biological Value</li> <li>Free Sugars</li> <li>Low Biological Value</li> <li>Lipid</li> <li>Amino Acid</li> <li>Fat-soluble</li> <li>Protein Complementation</li> <li>Essential</li> <li>Cholesterol</li> <li>Starch</li> </ul>

<b>Target Grade:</b>		<b>AP1:</b>		<b>AP2:</b>		<b>AP3:</b>	
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# CORE KNOWLEDGE MAKING CHOICES

*What I will know and understand by the end of Year 9.*

This year in Food we will be learning:		This links to:	Key Vocabulary:
1	<p><b><u>Making Choices</u></b></p> <ul style="list-style-type: none"> <li>We will extend our knowledge and understanding of food, diet and health.</li> <li>We will extend out knowledge of food provenance and consumer information.</li> <li>We will secure the creative, technical and practical expertise needed to perform everyday tasks confidently.</li> <li>We will extend our knowledge of food standards.</li> </ul>	<ul style="list-style-type: none"> <li>You will build on skills such as analysing the characteristics of ingredients and how to use them.</li> <li>You will link to developing and demonstrating a knowledge of the source and seasonality of a range of ingredients.</li> <li>You will briefly look at dietary needs.</li> </ul>	<ul style="list-style-type: none"> <li>Diet</li> <li>Provenance</li> <li>Budget</li> <li>Food Poverty</li> <li>Availability</li> <li>Religion</li> <li>Ethical</li> <li>Seasonal</li> <li>Medical Conditions</li> <li>Labelling</li> </ul>
2	<p><b><u>Food Science</u></b></p> <ul style="list-style-type: none"> <li>We will extend our knowledge of shortening.</li> <li>We will extend out knowledge of aeration.</li> <li>We will extend out knowledge of gelatinisation.</li> <li>We will deepen out knowledge of the conditions needed for yeast, moulds and microbes.</li> <li>We will extend out knowledge of physical raising agents.</li> <li>We will plan and make our meal to show a range of food science techniques.</li> </ul>	<ul style="list-style-type: none"> <li>You will build upon your knowledge of why food changes when its cooked.</li> <li>You will link this to all practical dishes and how they change on a molecular level.</li> </ul>	<ul style="list-style-type: none"> <li>Tenderise</li> <li>Shortening</li> <li>Aeration</li> <li>Stable foam</li> <li>Denature</li> <li>Gelatinisation</li> <li>Microbes</li> <li>Physical raising agent</li> <li>Caramelise</li> <li>Dextrinisation</li> </ul>
3	<p><b><u>Healthy Eating and Cookery</u></b></p> <ul style="list-style-type: none"> <li>We will extend our food preparation and cooking techniques.</li> <li>We will extend out knowledge on the principles of nutrition.</li> <li>We will extend out knowledge on why we cook food.</li> <li>We will extend our knowledge of heat transfer methods.</li> <li>We will extend out knowledge of working with high risk foods.</li> </ul>	<ul style="list-style-type: none"> <li>You will build on skills such as describing and applying the Eatwell Guide.</li> <li>This also links to explaining energy needs throughout life.</li> <li>You will use and adapt a range of recipes.</li> </ul>	<ul style="list-style-type: none"> <li>Nutrients</li> <li>Unsaturated Fat</li> <li>Saturated Fat</li> <li>Cholesterol</li> <li>Free Sugar</li> <li>Brunoise</li> <li>Fibre</li> <li>Wholegrain</li> <li>Pane</li> <li>Julienne</li> </ul>
4	<p><b><u>Dietary Needs and Presentation</u></b></p> <ul style="list-style-type: none"> <li>We will learn how to develop skills in presentation of food.</li> <li>We will develop our knowledge of food allergies and intolerances such as: lactose, coeliac and nut allergies.</li> <li>We will deepen our knowledge of enrobing.</li> <li>We will deepen out knowledge of using a bain marie while cooking.</li> </ul>	<ul style="list-style-type: none"> <li>You will build upon your knowledge key nutrients, sources and functions.</li> <li>You will build upon food choice and why people choose different ingredients or substitute their foods.</li> <li>You will analyse how food is presented to improve the saleability.</li> </ul>	<ul style="list-style-type: none"> <li>Coeliac</li> <li>Anaemia</li> <li>Diabetes</li> <li>Cardiovascular Disease</li> <li>Kosher</li> <li>Vegan</li> <li>Vegetarian</li> <li>Obesity</li> <li>Allergy</li> <li>Intolerance</li> </ul>
5	<p><b><u>Technical Skills</u></b></p> <ul style="list-style-type: none"> <li>We will develop dovetailing recipes.</li> <li>We will develop quality control and correct portion sizes.</li> <li>We will develop time management skills.</li> <li>We will design, plan and make a dish for a particular dietary need.</li> <li>We will recap our knowledge of food provenance.</li> </ul>	<ul style="list-style-type: none"> <li>You will build on your knowledge of using a variety of ingredients and equipment to prepare and cook a range of more complex dishes.</li> <li>The skills learnt throughout this year will provide a good base if you wish to got on to GCSE Food Preparation and Nutrition. If not they will set you up with a solid base of life skills.</li> </ul>	<ul style="list-style-type: none"> <li>Presentation</li> <li>Bain Marie</li> <li>Velouté</li> <li>Portion</li> <li>Commodity</li> <li>Goujon</li> <li>Standard component</li> <li>Melting Method</li> <li>Staple Foods</li> <li>Food processing</li> </ul>

Target Grade:		AP1:		AP2:		AP3:	
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# CORE KNOWLEDGE

What I will know and understand by the end of Year 10.

## GCSE FOOD PREPARATION AND NUTRITION

### This year in Food we will be learning:

### This links to:

### Key Vocabulary:

1	<p><b><u>Fruits and Vegetables</u></b></p> <ul style="list-style-type: none"> <li>We will deepen our knowledge of nutrition and provenance for fruits and vegetables.</li> <li>We will understand how fruits and vegetables are grown, their storage and food hygiene and safety.</li> <li>We will deepen our knowledge of nutritional values, sources, functions, deficiencies, excesses and daily requirements of fruits and vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>You will build on skills such as classifications of fruits and vegetables, the correct knife cuts and sauce making.</li> <li>You will complete part of a practice NEA 1.</li> <li>You will complete part of a practice NEA 2.</li> </ul>	<ul style="list-style-type: none"> <li>Root</li> <li>Tuber</li> <li>Bulb</li> <li>Dietary fibre</li> <li>Carotenoids</li> <li>Photosynthesis</li> <li>Pectin</li> <li>Mirepoix</li> <li>Garnish</li> <li>Beta Carotene</li> </ul>
2	<p><b><u>Milk, Cheese and Yoghurt</u></b></p> <ul style="list-style-type: none"> <li>We will deepen our knowledge of nutrition and provenance for dairy foods.</li> <li>We will understand how animals are reared, fed, milked and processed, their storage and food hygiene and safety.</li> <li>We will deepen our knowledge of nutritional values, sources, functions, deficiencies, excesses and daily requirements of milk, cheese and yoghurt.</li> </ul>	<ul style="list-style-type: none"> <li>You will build upon your knowledge of dairy foods as a commodity.</li> <li>You will complete part of a practice NEA 1.</li> <li>You will complete part of a practice NEA 2.</li> </ul>	<ul style="list-style-type: none"> <li>Complete Food</li> <li>Emulsion</li> <li>Pasteurised</li> <li>Homogenised</li> <li>Ultra Heat Treated</li> <li>Lactose</li> <li>Tuberculosis</li> <li>Pathogenic Bacteria</li> <li>Reconstituted</li> <li>Rennet</li> </ul>
3	<p><b><u>Cereals</u></b></p> <ul style="list-style-type: none"> <li>We will deepen our knowledge of nutrition and provenance for cereals.</li> <li>We will understand how cereals are grown, processed, the milling of wheat in to flour and the different classifications, their storage and food hygiene and safety.</li> <li>We will deepen our knowledge of nutritional values, sources, functions, deficiencies, excesses and daily requirements of cereals.</li> </ul>	<ul style="list-style-type: none"> <li>You will build upon your knowledge of cereals as a commodity.</li> <li>You will complete part of a practice NEA 1.</li> <li>You will complete part of a practice NEA 2.</li> </ul>	<ul style="list-style-type: none"> <li>Chorleywood</li> <li>Endosperm</li> <li>Germ</li> <li>Grain</li> <li>Fortification</li> <li>Milling</li> <li>Extraction Rate</li> <li>Non Starch Polysaccharide</li> <li>Phytic Acid</li> <li>Gluten</li> </ul>
4	<p><b><u>Meat, Fish, Poultry and Eggs</u></b></p> <ul style="list-style-type: none"> <li>We will deepen our knowledge of nutrition and provenance for meat, fish, poultry and eggs.</li> <li>We will understand how meat, fish, poultry and eggs are reared and processed, their storage and food hygiene and safety.</li> <li>We will deepen our knowledge of nutritional values, sources, functions, deficiencies, excesses and daily requirements of meat, fish, poultry and eggs.</li> </ul>	<ul style="list-style-type: none"> <li>You will build upon your knowledge of meat, fish, poultry and eggs as a commodity.</li> <li>You will complete part of a practice NEA 1.</li> <li>You will complete part of a practice NEA 2.</li> </ul>	<ul style="list-style-type: none"> <li>Collagen</li> <li>Connective tissue</li> <li>Gelatine</li> <li>Maillard</li> <li>Marinating</li> <li>Cross contamination</li> <li>Omega 3</li> <li>Chalazae</li> <li>Yolk</li> <li>Albumen</li> </ul>
5	<p><b><u>Butter, Oils, Margarine, Sugar and Syrup</u></b></p> <ul style="list-style-type: none"> <li>We will deepen our knowledge of nutrition and provenance for butter, oils, margarine, sugar and syrup.</li> <li>We will understand how butter, oils, margarine, sugar and syrup are grown and processed, their storage and food hygiene and safety.</li> <li>We will deepen our knowledge of nutritional values, sources, functions, deficiencies, excesses and daily requirements of butter, oils, margarine, sugar and syrup.</li> </ul>	<ul style="list-style-type: none"> <li>You will build upon your knowledge of butter, oils, margarine, sugar and syrup as a commodity.</li> <li>You will complete part of a practice NEA 1.</li> <li>You will complete part of a practice NEA 2.</li> </ul>	<ul style="list-style-type: none"> <li>Hydrogenation</li> <li>Shortening</li> <li>Smoke point</li> <li>Plasticity</li> <li>Saturated</li> <li>Unsaturated</li> <li>Caramelisation</li> <li>Glycaemic index</li> <li>Polyols</li> <li>Invert Sugar</li> </ul>
6	<p><b><u>Soya, Tofu, Beans, Nuts and Seeds</u></b></p> <ul style="list-style-type: none"> <li>We will deepen our knowledge of nutrition and provenance for soya, tofu, beans, nuts and seeds.</li> <li>We will understand how soya, tofu, beans, nuts and seeds are grown and processed, their storage and food hygiene and safety.</li> <li>We will deepen our knowledge of nutritional values, sources, functions, deficiencies, excesses and daily requirements of soya, tofu, beans, nuts and seeds.</li> </ul>	<ul style="list-style-type: none"> <li>You will build upon your knowledge of soya, tofu, beans, nuts and seeds as a commodity.</li> <li>You will complete part of a practice NEA 1.</li> <li>You will complete part of a practice NEA 2.</li> </ul>	<ul style="list-style-type: none"> <li>Legumes</li> <li>Blanched</li> <li>Phosphorous</li> <li>Pulses</li> <li>Cold pressed</li> <li>TVP</li> <li>Tofu</li> <li>Mycoprotein</li> <li>Alternative proteins</li> <li>Soya</li> </ul>

Target Grade:

AP1:

AP2:

AP3:



# CORE KNOWLEDGE

What I will know and understand by the end of Year 11.

## GCSE FOOD PREPARATION AND NUTRITION

This year in Food we will be learning:

This links to:

Key Vocabulary:

1

### NEA 1 Food Science Investigation (15%)

- We will be given our first brief on or around 1<sup>st</sup> September.
- You will produce a document 1,500 – 2,000 words.
- You will spend 8 hours approximately on this investigation.

There are three sections:

- Research and Plan (5 marks)
- Investigate the working characteristics, functions and chemical properties of ingredients through practical experiments. Use the findings to achieve a particular result (15 marks)
- Analyse and evaluate the task (10 marks)

- You will build on skills you have gained in year 10 while doing the practice NEA 1 investigations.
- You will need to follow the process and predict an outcome. Complete your experiments, take results and analyse them to compare to your original prediction.

- Research
- Analyse
- Hypothesis
- Action Plan
- Experiment
- Chemical Properties
- Appearance
- Texture
- Functional
- Conclusions

2

### NEA 2 Food Planning and Preparation (35%)

- We will be given our first brief on or around 1<sup>st</sup> November.
- You will produce a document a maximum of 30 sides of A4.
- You will spend 12 hours approximately on this task.

There are three sections:

- Investigate and plan the task, including trailing dishes (15 marks)
- Prepare, cook and present a menu of three dishes within a single session (45 marks)
- Evaluate the selection, preparation, cooking and presentation of the three dishes (10 marks)

- You will build on skills you have gained in year 10 while doing the practice NEA 2 tasks.
- You will need to explore a range of possible dishes for the given brief, you will need to trial the dishes and make improvements.
- You will use skills you have learnt to create a detailed dovetailed time plan.
- You will use sensory analysis to evaluate your dishes.

- Brief
- Analyse
- Introduction
- Research
- Questionnaire
- Trials
- Justification
- Time plan
- Evaluation
- Bibliography

3

### Written Exam Preparation (50%)

We will revisit and recap the 6 main areas of content:

- Food commodities
- Principles of nutrition
- Diet and good health
- The science of food
- Where food comes from
- Cooking and food preparation

- You will build on knowledge you have gained during year 10 for each of the commodities.
- You can use the skills gained in NEA 1 to strengthen your food science knowledge and the skills learned in NEA 2 to strengthen your knowledge of cooking and food preparation.

- Define
- List
- State
- Describe
- Discuss
- Explain
- Evaluate
- Assess
- Modify
- Analyse

Target Grade:

AP1:

AP2:

AP3: