

## Oasis Academy Lordshill curriculum map 2022/23

### Subject: Food Preparation & Nutrition

At Lord's Hill the food, preparation and nutrition department equip student with understanding and skills required to cook and apply the principles of food science, nutrition, and healthy eating. It encourages learners to cook and enables them to make informed decisions about food and nutrition. This allows them to acquire knowledge to be able to feed themselves and others affordably and nutritiously, now, and later in life.

Value is placed on developing 'character' through instilling a love of learning about the culture of Food around the world for all students; establishing 'competence' within students' to be curious learners who can apply their skills and knowledge to the real world in their 'community' in the local context, and nationally.

A student's five-year journey will see them follow a carefully crafted circular curriculum which transports them from the very foundations of cooking, through to advanced skills of cooking. Core concepts intentionally thread together our students' journeys, slowly building in depth and breadth so that students' knowledge is constantly evolving over time.

By studying Food Preparation and Nutrition learners will:

- Demonstrate effective and safe cooking skills by planning, preparing, and cooking a variety of food commodities whilst using different cooking techniques and equipment.
- Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.
- Understand the relationship between diet, nutrition, and health, including the physiological and psychological effects of poor diet and health.
- Understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, diet, and health choices
- Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking, and serving food.
- Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes.



Year 7	Week 1 -2	Week 3-6	Week 7-9			
Core content and concepts	H&S/Hygiene Eatwell guide and cooking skills (breakfast, lunch) Coagulation Dextrinization Heat transfer (Radiation and Conduction) Cross contamination	H&S, Eatwell guide Staple foods: Potatoes; Bread; Rice Types of vegetables Food poisoning (bacillus cereus) Raising agents Dough Fermentation Heat transfer (Convection, Conduction, and radiation)	H&S, Eatwell guide Lunches: Pasta salad and sauces Fine knife skills Reduction and starch based (all-in-one) sauces. Gelatinisation Heat transfer Fruit- Enzymic browning. (Conduction and Convection	2 hours a week 1 group at a time (9-week course, 18 lessons total) Repeated for other groups Enzymic browning.		
Year 8						
Core content and concepts	Basic skills, pastry making, dough making, Laminating Bulk fermentation, Biological raising agents. Skill 7, 10, 11	Prepare combine and shape, marination. Chicken fajitas or chicken, kebabs/goujons. Homemade burgers or falafel.	Rice- Biryani, Paella Choux pastry- profiteroles or eclairs	9-week course, 2 hours a week,		
Year 9						
Core content and concepts	Multicultural food Italian breads (Stromboli, Calzone, Grissini, Pizetta Bianca, Focaccia) Dough Raising agents Fermentation Reduction sauces	Multicultural food Pasta (Homemade pasta with sauces and lasagne/ pasta bake) Dough Pasta making and shaping. Layering Reduction and roux sauces Gelatinisation	Multicultural food Rice (Risotto, Paella, Biryani, Chilli con carne, Curry) Spices Reduction sauces Meat probes	9-week course, 2 hours a week, 18 lessons in total,		

Year 10	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
Core content and concepts	<p>Introduction to the course.</p> <p>Food – Macronutrients: Protein; Carbs; Fat 12 skills Practical most weeks to include: Pastry, bread, pasta, meat and fish, vegan options, Complex knife skills; Sugar experiments... Aesthetics and plating up</p>	<p>Food – Micronutrients: Vitamins and minerals 12 skills Practical most weeks to include: Soup making; bread; Fine knife skills; Starch based sauces; Special dietary needs; Seasonal foods, Raising agents,</p>	<p>Food – Healthy eating/Life stages Energy needs, Life stages, PAL, dietary needs, special diets, dietary choices, Practise mini-NEA 2 task 12 skills Practical most weeks</p>	<p>Food – Food science and Food safety Protein denaturation, coagulation, gluten, curdling, Carbs, gelatinisation, dextrinization, caramelisation Fats, shortening, aeration, plasticity Emulsification, syneresis Contamination, Food poisoning, uses of microorganisms in food production. Practise NEA 1 12 skills Practical most weeks</p>	<p>Food – Food production Environmental and sustainability; Processing; Food miles; Carbon footprint; Organic, GM foods; Local and seasonal foods; Food security; Vitamin loss in processing; Staple foods; Primary and secondary processing, Food labelling and marketing 12 skills Practical most weeks</p>	<p>Food – Multi-cultural cuisine Food provenance; Tradition; equipment; dishes; eating patterns. British, Italian, Spanish, Chinese, Indian foods 12 skills Practical most weeks.</p>
Year 11	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
Core content and concepts	<p>Food – Controlled Assessment (NEA 1) Released 1<sup>st</sup> September Select task, research, make a hypothesis plan experiments, carry out practical investigations,</p>	<p>Food – Controlled Assessment (NEA 2) Released 1<sup>st</sup> November Select task, research, product ideas, Make 3-4 trial dishes</p>	<p>Food – Controlled Assessment (NEA 2) Complete trial dishes, skills overview, select final menu, write time plan, carry out 3-hour practical making 3 dishes; evaluate, cost and nutritional analysis</p>	<p>Food – Complete NEA 2 Revision</p>	<p>Food revision</p>	

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