

Long Term Curriculum Plan – ADT – Food Preparation and Nutrition

In food preparation and nutrition, we hope to develop not only a love of cooking but also a deep understanding of how food is produced and the vital role it plays in good health. The curriculum is planned and delivered to enable pupils to create exciting meals that are well presented, to ensure that pupils have a clear and in depth understanding of the nutrients within the dishes that they create. To ensure that pupils know not only the nutritional value of foods but also the function of those nutrients and the effect they have on health. We also aim to give pupils a good understanding of Food Science and how food processes work.



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	Year 7 - 1 rotation Year 8 – 2 rotations					
Year 7 FPaN	<p>FPaN: Introduction Health and safety Knife skills (Making - salad, fruit) Making - Pasta dish Making Foccacia Making - Apple crumble Assessment Making - Roast Chorizo Chicken Making - Sultana Scones Making - Lemon Sponge cakes Making - Healthy pizza – Assessment</p>					
Year 8 FPaN	<p>FPaN: British Food Making – 5 Bean and Chocolate Chilli Cultural differences Making – Chicken Nuggets, Crudites and Tomato sauce Bacteria and Food poisoning Making – Meatballs in sauce Assessment is at the end of each rotation</p>			<p>FPaN: Food safety Making Thai Green Curry Food Waste Making savoury Pin Wheels Food Choice Making- Vegetarian Lasagna Assessment is at the end of each rotation</p>		
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9 FPaN	<p>Introduction to FPaN – health and safety Making – own dish and teenager dish Diet and health Cooking around the world Italian food - minestrone - pasta dough ragu - tiramisu</p>	<p>French Food - French onion soup - Chicken Cordon Bleu - tarte tatin - crème brulee - choux pastry profiteroles Caramelisation Food safety Assessment</p>	<p>Pastry – Coagulation - tart au citron Indian Food - samosas - curry - onion bhaji Diet and health Assessment</p>	<p>Diet and health Chinese Food Dietary needs Nutritional needs Pastry assessment</p>	<p>Bread Energy balance Culinary traditions British food Thai food</p>	<p>Factors affecting food choices Spanish food Factors affecting food choices English garden tea assessment</p>

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Year 10 FPaN	Diet and Health	Use of sauces / casserole	Food provenance Source and supply - Fish, Meat, poultry	Food security dish to promote Fairtrade	Revision	Revision
	Adapt a dish to increase Veg	Nutritional content of main commodity groups Fats and sugary foods	Fish dish	Food Security and waste	Assessment	
	Diet For different stages of life	Whisked sponge	Food Processing and production: primary stages of processing	Technological Development to support better health and food production		
	Modifying Meals and recipes to follow current Guidelines	Demonstrate the use of batter	Bread making	Sensory analysis		
	Energy Balance	Nutritional content of main commodity groups	Food Processing and production: primary stages of processing	Development of Culinary Traditions		
	Protein	Use of sauces / casserole	Pasta making	British cuisine including a traditional British Dish		
	Making a dish using proteins- Sauce	Nutritional content of main commodity groups Fats and sugary foods	Food Processing and production: secondary stages of processing	Factors influencing food choice-Personal, social, economic, medical, religion		
	Reduction	Whisked sponge	Making a dish using cheese or yoghurt	How to reduce the cost of a recipe.		
	Fats & Carbohydrates	Food Provenance, food source and supply	Food Processing and production-preserving methods	Factors influencing food choice- ethical and moral- vegetarians		
	Savoury Product - reduce free sugar increase fibre	Fruit pie	Make a dish / preserve / dish suitable for freezing	Food Science- why food is cooked -how heat is transferred- cooking methods		
	Vitamins	Seasonal dishes				
	Minerals and Water					
	Practical linked to Minerals high iron dish Nutritional content of main commodity groups					
	Assessment	Assessment	Assessment	Assessment		

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<p>Year 11 FPaN</p>	<p>Food Safety (planning time for NEA 1)</p> <p>Preparing fruits, veg, control enzymic browning Food Safety (planning time for NEA 1)</p> <p>Prepare a meat dish safely</p> <p>NEA 1 Food investigation task</p>	<p>NEA 1 - food investigation task - complete</p> <p>Assessment NEA 1</p> <p>NEA 2</p>	<p>NEA 2</p>	<p>NEA 2</p> <p>NEA 2 - assessment - write-up</p> <p>Revision</p> <p>Assessment NEA 2</p>	<p>Revision</p>	
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