

Subject Curriculum Overview for Academic Year 2022/2023

Subject: Food Preparation & Nutrition		Subject Leader: Mr Oaten	Year Group: 9	AUTUMN TERM
Topic	Key Learning Points		Key Vocabulary	Assessments
Half term 1 Food sustainability Egg production systems Animal welfare Food safety and Hygiene Shortcrust pastry Rough Puff pastry Puff pastry Fatless sponge	Half term 1 Students will know what the term 'Food Sustainability' means Students will be able to List at least 5 factors that affect Food Sustainability Students will be able to List at least 3 rules to follow when making shortcrust pastry Students will be able to describe the three types of egg production systems in the UK Students will be able to List at least three freedoms from the Animal welfare act Students will be able to Describe at least two advantages and disadvantages for each egg production system Students will be able to Explain what Food poisoning is Students will be able to explain what 'Pathogenic Bacteria' are Students will be able to List at least two types of Pathogenic Bacteria Students will be able to List the three categories of food poisoning Students will be able to List five conditions Pathogenic bacteria need to survive and multiply Students will be able to explain how Pathogenic bacteria multiple through Binary division <i>Practical dishes cooked this half term: Jam tarts, quiche, sausage rolls, apple jalousie, jiaozi, swiss roll, Thai green curry.</i>		Binary fission, campylobacter, coagulation, contaminated, microbiological, pathogen, production, salmonella, sustainability	'Written' Summative assessment at end of half term to assess understanding of key learning points.
Half term 2 Risk assessment HACCP Sensory Analysis Functions of Proteins Functions of Fats and Oils Set cheesecake Bread Enriched yeast dough	Half term 2 Students will be able to Identify at least four important temperatures and what they relate to in the kitchen Students will be able describe the basic responsibilities of an Environmental Health Officer (EHO) Students will be able explain what a risk in the kitchen is Students will be able explain what the term Due 'Diligence means' Students will be able Identify what the letters HACCP stand for in relation to Food Hygiene Students will be able List at least three of the five HACCP steps Students will be able explain what the term 'Organoleptic' when carrying out Sensory Analysis Students will be able list at least five controlled conditions carried out during sensory testing Students will be able describe the two main types of sensory tests Students will be able explain the term 'Protein Denaturation' Students will be able explain the term 'Protein Coagulation' Students will be able to identify at least four functions of fats and oils in baked products <i>Practical dishes cooked this half term: Set cheesecake, focaccia bread, challah knots, stuffed chicken breast, palmiers.</i>		Analysis, coagulation, Diligence, denaturation, hydration, organoleptic, umami.	'Written' Summative assessment at end of half term to assess understanding of key learning points.

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Half term 3 Complex and simple carbohydrates Sugar and our health Sweeteners Sugar production The Hospitality industry Sugarless muffins Chicken tikka Naan bread Basic butchery	Half term 3 Students will be able List the two main sources of sugar Students will be able explain the difference between Simple and Complex Carbohydrates and list some examples Students will be able to list at least three chemical names for sugar and their sources Students will be able to Identify my daily recommended intake of sugar Students will be able to describe what a hidden sugar is and give at least two examples Students will be able List at least four health effects of consuming too much sugar Students will be able List at least five ways I can reduce sugar in my diet Students will be able Describe what a sweetener is Students will be able List the four main things offered in Hospitality industry Students will be able List at least five different businesses within the Hospitality industry Students will be able explain the difference between 'Front of house' and 'Back of house' staff Students will be able List at least five different job titles in a Hotel and describe their main tasks <i>Practical dishes cooked this half term: Chilli con carne, sugarless muffins, chicken tikka with naan, seafood broth with fougasse, tuile biscuits.</i>		Calories, characteristic, cocoa, commercial, concentrated, demerara, diabetes, fructose, glucose, hierarchy, hospitality, kilojoules, lactose, maintenance, maltose, muscovado, personnel, residential, sucrose, sweeteners.	'Written' Summative assessment at end of half term to assess understanding of key learning points.
Half term 4 Food service The role of a chef The role of food service personnel Soups Tuile biscuits Chocolate production Bread production Choux pastry	Half term 4 Students will be able to List at least five forms of food service Students will be able to List at least three factors that dictate what type of food service is required in a restaurant Students will be able to Identify at least five qualities and skills needed to be a successful Chef and Waiter/ess Students will be able to List the steps to follow when dealing with a complaint from a customer Students will be able to successfully fold a napkin to form a Bishop's Mitre Students will be able to list at least four of the processes Cocoa goes through to produce chocolate Students will be able to explain the characteristics Cocoa butter adds to chocolate Students will be able to describe the process of chocolate tempering Students will be able to explain why fish cooks so quickly Students will be able to describe the stages when making bread Students will be able to describe the main production differences between Choux and shortcrust pastry Students will be able explain what makes an 'enriched yeast dough' <i>Practical dishes cooked this half term: French onion soup with gougeres, chocolate tarts, puff pastry, recipe of choice using puff pastry, hot cross buns.</i>		Characteristics, Qualities, Cocoa, Production, Tempering, Fermentation, Proving, Kneading, Enriched	'Written' Summative assessment at end of half term to assess understanding of key learning points.

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Half term 5 Cake making methods Food waste Chutney Pork Pies Sweet pastry Lemon meringue pie	Half term 5 Students will be able to Describe the 'Creaming technique' when making a cake Students will be able to Describe the 'All in one method' when making a cake Students will be able to Identify at least four tips to ensure a cake rises properly Students will be able to Explain what the term 'Earth overshoot day' means Students will be able to List at least four of the 7 sustainable food principles Students will be able to Explain what the terms 'Use by date' and 'best before date' mean Students will be able to Explain the impact food waste has on society and the environment Students will be able to List at least five reasons why food is wasted Students will be able to List at least four ways to reduce food waste Students will be able to Describe how to make a Hot water Crust pastry <i>Practical dishes cooked this half term: Sandwich from scratch, chocolate sponge, apple chutney, pork pies, lemon meringue pie.</i>		Aeration, ambient, beverage, canapes, coeliac, conduction, convection	'Written' Summative assessment at end of half term to assess understanding of key learning points.
Half term 6 Gelatinisation Structure of a foam The dairy industry Legal labelling requirements Event planning and production Pork meatballs Portuguese custard tarts Canape production	Half term 6 Students will be able to Describe the characteristics of Sweet Pastry Students will be able to explain what the term gelatinisation means Students will be able to describe the characteristics of a foam Students will be able to list at least four dairy products Students will be able to list at least 4 of the Animal Welfare Freedoms Students will be able to explain what Pasteurisation is and why it is carried out Students will be able to explain what the UHT Process is in milk processing Students will be able to list at least 5 of the food legal labelling requirements Students will be able to Identify at least four labelling symbols Students will be able to explain what the term 'Event planning' means Students will be able to identify at least five pieces of information needed when planning an event Students will be able to List the four main Types of Events <i>Practical dishes cooked this half term: Filled tortillas, Portuguese custard tarts, pork meatballs with dipping sauce, fresh fruit trifle, canapes for summer concert.</i>		Development, homogenisation, industrial, innovative, intolerances, malnourished, gelatinisation manufacturer, pasteurisation, profitable, recyclable, reusable, satisfaction, seasonal,	'Written' Summative assessment at end of half term to assess understanding of key learning points.

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How parents can support learning in the subject this academic year

Encourage and help students with homework tasks, checking on epraise for tasks set and logging onto 'remote access' to go through class computer work.
Encourage practising of recipes learned at school and wider recipes of their choosing. Allow student to cook for the family at dinner times.
Recommend watching cooking programmes together, competitions and lifestyle shows to motivate and enthuse students.

Recommended Reading

Websites:

www.senecalearning.com www.bbc.co.uk/bitesize www.foodafactoflife.org.uk

Books:

The Complete Cookbook for Young Chefs – By America's Test Kitchen Kids

The Complete Baking Book for Young Chefs - By America's Test Kitchen Kids

Masterchef Junior Cookbook

Points to note

Students are expected to bring in ingredients to cook with on a weekly basis. All recipes are on epraise in advance of the lesson. If there are any particular lessons where you have been unable to locate or supply ingredients, please contact Mr Oaten as soon as you are aware of the issue; roger.oaten@jmhs.hereford.sch.uk
With thanks.