



Year 12- Food Preparation and Nutrition Curriculum Plan Overview

Year 11 - GCSE Food Preparation and Nutrition				
Term	Topic	Learning	How can parents' best support	Key Vocabulary
Autumn 1	Cooking Food and Nutrition.	<ul style="list-style-type: none"> ● Proteins ● Carbohydrates ● Fats and oils ● Vitamins ● Minerals and Water ● Reasons for cooking food. ● Cooking Methods. 	<p>Discuss nutritional content of food.</p> <p>Look at packets when buying food to make informed choices about buying.</p> <p>Watch cooking shows, try out new recipes together and discuss how they could be made healthier or appropriate for different diets.</p>	Carbohydrate, protein, fat, oils, vitamins, minerals, water, fibre, food label, traffic light system, Eatwell Plate. Balanced diets.
Assessment:	End of Unit review			
Autumn 2	Food Storage and Safety	<ul style="list-style-type: none"> ● Healthy Eating ● Meal Planning ● Food Storage ● Food Spoilage 	Ask students to help put away food shopping and discuss the reasons for why we store food in different places in the kitchen.	Fridge, freezer, ambient temperature, danger zone, cooking, re-heating, cross contamination
Assessment:	End of Unit review			
Spring 1	Food Choice	<ul style="list-style-type: none"> ● Preparing and Cooking Food ● What influences the food we choose to eat? 	<p>Discuss why things are bought for the family.</p> <p>Discuss the considerations made when choosing meals, takeaways or whether to eat out in a restaurant.</p>	Physical Activity Level, Healthy Eating, Cost, Income, Culinary Skill, Lifestyle, Seasonality, Availability, Enjoyment, Cultural, Religious, Moral
Assessment:	End of Unit review			
Spring 2	Food Provenance	<ul style="list-style-type: none"> ● Food Labelling and Marketing ● Sensory Evaluation 	<p>Watch documentaries on farming and food production.</p> <p>Watch Countryfile and discuss where our food comes from.</p>	Food Label, Regulations, Nutritional Information, Special Offer, Brand Endorsement, Health Claims, Taste, smell, visual appeal
Assessment:	GCSE practice paper			
Summer 1	Food Production	<ul style="list-style-type: none"> ● British and International Cuisine. ● Food Sources ● Food and the Environment. 	Watch Inside the factory to see how food production and distribution works in the UK.	Grown Food, Intensive Farming, Organic Farming, Genetically Modified, Factory Farmed, Free Range, Trawling, Fish Farming, Waste Food, Packaging, Environmental Impact,

		<ul style="list-style-type: none"> Food Processing and Production 		Carbon Footprint, Food Miles, Climate Change, Food Security, Primary Processing, Milling Wheat Grains, Ultra Heat Treatment (UHT), Sterilised, Pasteurised, Pasta, Jam, Cheese, Fortification, Modification, Additives,
Assessment:				
Summer 2	Project work Cooking Methods	<ul style="list-style-type: none"> Identify and Research a project to investigate. 	Try different cooking methods at home and compare the results. Modify your recipes or food choices at home and see what recipes you prefer.	Weigh, Measure, Accurately, Cooking Time, Garnishes, Knife Skills, Bridge Hold, Claw Grip, Hob, Oven, Grill, Equipment, Blender, Food Processor, Prepare, Combine, Shape, Sauce, Thickening, Gelatinisation, Protein Coagulation, Raising Agents