Long-term planning

Food Preparation and Nutrition – Years 7, 8 & 9

Food Themes (10wk)	Year 7 Healthy Eating- Fruit & Vegetables Preparation, Rubbing in method	Year 8 Bread, Cakes & Sauces- Chemical and Biological Raising agents, Gelatinisation	Year 9 Pasta & Pastry- Gluten formation, Shortening properties of fats
	Students will know that	**Students will know that**	**Students will know that**
	• Why we eat food • The Eat Well Guide- Key messages and how to implement these in our diets • Energy Balance • Where does our food come from? Caught, Reared and Grown • Food Provenance and Food Quality Assurance schemes/fair trade • Using Seasonal foods • Nutritional value of and uses of the following commodities: - Fruit, Vegetables and Potatoes • Meat and Poultry • Cooking Methods	• Macronutrients- Sources and functions, risks associated with excess intake. • Sauce making-Gelatinisation/Reduction • Methods of Heat Transfer • Biological Raising Agents-Bread making • Chemical Raising Agents-Creaming Method of Cakemaking • Costing a food recipe • How to reduce food waste • What is on a food label -Traffic light labelling • Allergens • Protein Alternatives-Soya, tofu, beans, nuts and seeds • Fish- Nutritional value and cooking methods	• Micronutrients- Food sources and functions • Nutritional needs of different groups of people • Cereals- Oats and Rice. • Turning wheat into flour- Pasta making (Gluten formation) • Primary processing of Milk – Heat Treatment • Secondary processing of Milk into Cheese and Yoghurt. • Mechanical Raising Agents • Temperature control and the 4 C's of good food hygiene • British and International Cuisine • Sensory evaluation tasting • Factors affecting food choice
	Students will know how to	**Students will know how to**	**Students will know how to**
	- Use the hob, grill and oven safely - Work in a safe and hygienic manner - Cut, slice, peel a variety of fruits and vegetables using the bridge hold and claw grip. - Segment fruit e.g. orange - Control enzymic browning - Weigh and measure accurately - Make a dough -Carry out the Rubbing in method - Boil and simmer foods e.g. Vegetables - Make a dough and portion control - Roll out and bake a dough e.g. Biscuits - Sensory evaluation, how to complete a star diagram	- Make an all-in-one sauce e.g. Cheese sauce for pasta - Make a reduction sauce e.g. Bolognese or curry - Make a dough, Gluten formation e.g. Kneading and proving bread rolls - Shaping and finishing a dough e.g. Bread rolls and pizza - Test for readiness e.g., Al dente pasta, tapping the base of bread to see if it sounds hollow - Use chemical raising agents such as self-raising flour, baking powder and bicarbonate of soda - Using the hob and oven safely e.g. baking of cakes/Bread/Pizza - Scissor snip and grate ingredients - Handle and cook raw meat or vegetarian alternatives	- Use a protein to set a mixture e.g. using the denaturing of protein in eggs to set a quiche filling - Use the whisking method to demonstrate mechanical raising agent Functional and Chemical properties of foods: - The denaturation and coagulation of proteins through the use of an acid, mechanical action or heat. - Use egg (colloidal foam) as a raising agent, by creating a gas-in-foam product e.g. Whisked sponge - Shortening properties of fats e.g. Using fat to coat flour to shorten gluten strands in shortcrust pastry production

	- Adapt and develop a basic recipe to suit their needs and the needs of others - Safe use of small electrical equipment e.g. Hand Blender	- Conduct a food based scientific experiment	- Set a mixture by the removal of heat e.g. Chilling a Cheesecake - Rolling out pastry evenly and accurately - Prevent food poisoning by applying the 4 C's of good food hygiene -Safe use of small electrical equipment e.g. Electric whisk - Grease and line a cake tin - Use a pasta machine
	Vocabulary and the concepts they link to	**Vocabulary and the concepts they link to**	**Vocabulary and the concepts they link to**
	Method, Process, Analyse, Compare, Evaluate, Nutrient, Non-Enzymic browning, Hygiene, Technique, Balance, Ingredient, Equipment, Energy, Portion control	Kneading, Fermentation, Proving, Gluten, Gelatinisation, Caramelisation, Dextrinisation, Yeast, Aeration, Viscosity, Thickening agent,	Shortening, Plasticity, Mechanical Raising agent, Reduction, Gelatine, Denaturation, Coagulation, Gelation
	Assessment		
	Formative Assessment Practical Assessment x2 Assessment week x2 Peer/Self-Assessment	Formative Assessment Practical Assessment x2 Assessment week x2 Peer/Self-Assessment	Formative Assessment Practical Assessment x2 Assessment week x2 Peer/Self-Assessment
	Diversity & development of cultural capital		
	Food Provenance-Where different foods come from, how climate affects available ingredients Sustainable food practices and ethical implications of food choices in different cultures-	Discuss and develop fusion recipes. History and geographical links made to a variety of recipes/ingredients. Ethical and environmental impact of food choices	How poverty impacts food choices and health- in local community and around the world Food trends and Globalization Religious dietary restrictions such as halal, Kosher, Vegetarian, Vegan
	Cross-curricular opportunities and enrichment		
	MasterChef Competition Maths- Measuring and portion control Recipe writing and reading	MasterChef Competition Budgeting and costing- Real world maths Nutritional Science-links to biology-The role of macronutrients and how they impact health and well-being. Chemistry behind cooking- Fermentation	MasterChef Competition Food sourcing and Geography-impact of climate, geography and soil types on food production.