

Dame Alice Owen's School Food and Nutrition Curriculum Map 2024-2025

Progression	Half Term 1	Half Term 2	Half term 3
YEAR 7: Healthy Eating, Introduction to Food preparation			
Builds on: Students arrive with varied experience, not a formally taught subject at Primary school			
Skills	Basic kitchen skills, knife skills, introduction to baking	Vegetable preparation, baking and roasting	Bread making, baking
Knowledge	Hygiene and safety	Health and nutrition	Food science: raising agents
Recipes	Fruit salad, Pitta pockets, fruit crumble, rock buns	Honey broccoli noodles, pasta salad, roasted vegetable couscous, halloumi sticks	Grissini, batch production of small cakes, decorating skills
YEAR 8: Food Provenance, gaining confidence in the kitchen			
Builds on: Practical and theory lessons taught in year 7. Food provenance and sustainable food consumption is the headline topic in year 8. Healthy eating and nutrition become an integral part of all conversations regarding food choices and students draw on prior knowledge.			
Skills	Basic kitchen skills, knife skills, introduction to baking	Dough making, shaping, dividing, baking	Food styling techniques, standard components
Knowledge	Hygiene and safety Food waste and storage	Food science: gelatinisation and fermentation	Food science: coagulation of protein
Recipes	Scones, cheese straws, vegetable pasta, macaroni cheese	Kebabs, koftes, roasted chickpeas, pizza	Pizza puff pinwheels, food styling, Lemon drizzle cakes
YEAR 9: British and International Cuisine, working independently in the kitchen			
Builds on: Practical and theory lessons taught in year 7 and 8. Cultural foods, and baking science are the main topics this year. Applying knowledge healthy eating by examining the nutritional content of take away foods. Food provenance becomes part of all conversations regarding food choices and students draw on prior knowledge.			
Skills	Advanced knife skills, veg prep, more independent working	Rubbing in method, pastry making	Bread dough/kneading, whisking method
Knowledge	Key temperatures, macro nutrients, 'fake away' food	Food science: functions of ingredients, sugar in baking	Food science: role of sugar and fat
Recipes	Stir fry, fajitas, chicken nuggets, fried chickpeas	Sausage and egg muffins, shortcrust pastry, flaky pastry	Bread rolls, swiss roll
Year 10: AQA GCSE Food Preparation and Nutrition			
Term 1		Term 2	Term 3
Key Basic Skills: Knife skills/science of baking Written test		Linked practical work Formative practical assessment Written test	Food science through practical investigations and associated more complex food science theory Mock exam theory and practical
Functions of ingredients, nutrition and healthy eating		Diet and nutrition, ages and stages	Preparing for NEA, higher order practical skills and presentation
Year 11: AQA GCSE Food Preparation and Nutrition			
From 1 st September NEA1 From 1 st November NEA2 Key topics revisited and development of practical skills		Continue NEA 2 3 hour practical exam Key topics revisited and development of practical skills	Revision and exam

Food and Nutrition Curriculum Overview 2024/25

Staffing:

The Food and Nutrition department is fully staffed with a team of 4 full and part-time teachers and 2 technicians, equivalent to one full time, across both food and textiles. All staff hold a current basic food hygiene certificate Level 2.

KEY STAGE 3: approx. 18 week rotation each year

YEAR 7: 1 lesson per week of Food and Nutrition taught in mixed ability groups of 20

YEAR 8: 1 lesson per week of Food and Nutrition taught in mixed ability groups of 20

YEAR 9: 1 lesson per week of Food and Nutrition taught in mixed ability groups of 20

KEY STAGE 4: GCSE Food Preparation and Nutrition

YEAR 10:

- 2 lessons per week of AQA GCSE Food Preparation and Nutrition taught in mixed ability groups (option subject)
- Assessment (50% NEA 2/50% written exam)

YEAR 11:

- 3 lessons per week of AQA GCSE Food Preparation and Nutrition taught in mixed ability groups
- NEA 1 questions release 1st September (30 marks)
- NEA 2 questions released 1st November (70 marks)
- Assessment (50% NEA, 50% written exam)

A Level Food Preparation and Nutrition: The government decided to remove the study of 'Food' at A level in 2015. We welcome the recommendations from the recently published National Food Strategy (August 2021) that this A Level should be reinstated.