

Meadow Park: Sequence of Learning Overview 2023-2024



Subject- Food Preparation and Nutrition

| Autumn A | Autumn B | Spring A | Spring B | Summer A | Summer B |
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| KS2 | | | | | |
| <p>Food Provenance To help pupils to understand the link between animals and plants and the food on our plates. To think about the stages involved in producing food.</p> | <p>Fruit or Root To think about the link between the plants grown by farmers and the food on our plates by identifying the parts of plants we eat.</p> | <p>The Eatwell Guide What is meant by a healthy diet, nutritional needs change during life. How lifestyle can affect choice and diet</p> | <p>Food Miles The impact of food miles and packaging on the environment. Understanding food labels</p> | <p>Cultures and cuisines The different types of cuisine available throughout the world. Key ingredients and popular dishes from each cuisine</p> | <p>Exploring food chains To understand that food chains are encouraged on organic farms and that this is important with regard to conserving biodiversity</p> |
| Year 7 | | | | | |
| <p>Basic Skills Kitchen Safety Knife skills Using an oven Food Hygiene Boiling Simmering Weighing and Measuring Grating Skewering</p> | <p>Basic Skills Kitchen Safety Knife skills Using an oven Food Hygiene Boiling Simmering Weighing and Measuring Grating Skewering</p> | <p>Macronutrients Eat well Guide Macronutrient Food Groups Energy Balance Allergies Baking Simmering Boiling Preparing vegetables Grating</p> | <p>Macronutrients Eat well Guide Macronutrient Food Groups Energy Balance Allergies Baking Simmering Boiling Preparing vegetables Grating</p> | <p>All Around The World Sensory exploration and analysis of different foods Exploration of impact of climate, religion and culture on food Preparing Fruit Baking Measuring Griddling</p> | <p>All Around The World Sensory exploration and analysis of different foods Exploration of impact of climate, religion and culture on food Preparing Fruit Baking Measuring Griddling</p> |
| Year 8 | | | | | |
| <p>Healthy Eating The Eatwell Guide Sourcing Ingredients Nutritional Values Boiling Simmering Weighing and Measuring Skewering Blending</p> | <p>Healthy Eating The Eatwell Guide Sourcing Ingredients Nutritional Values Boiling Simmering Weighing and Measuring Skewering Blending</p> | <p>Cereals The importance of cereals as primary products Yeast Experiments Secondary Processing Project – 'Follow the Grain' Baking Simmering Boiling Researching</p> | <p>Cereals The importance of cereals as primary products Yeast Experiments Secondary Processing Project – 'Follow the Grain' Baking Simmering Boiling Researching</p> | <p>Food Festivals Research different foods that come from food festivals Explore Carers related to foods Preparing Fruit Baking Weighing and Measuring Researching Grating</p> | <p>Food Festivals Research different foods that come from food festivals Explore Carers related to foods Preparing Fruit Baking Weighing and Measuring Researching Grating</p> |
| Year 9 | | | | | |
| <p>Keeping safe in the kitchen Kitchen Safety Knife skills Using an oven Food Hygiene Frying Baking Boiling Shaping Weighing and Measuring Mixing</p> | <p>Keeping safe in the kitchen Kitchen Safety Knife skills Using an oven Food Hygiene Frying Baking Boiling Shaping Weighing and Measuring Mixing</p> | <p>Fruit and Veg Understanding seasonality of ingredients Sustainable living Healthy Eating Five a day Eat Well Guide Changes in fruit and veg as it is cooked Baking Simmering Boiling Preparing vegetables</p> | <p>Fruit and Veg Understanding seasonality of ingredients Sustainable living Healthy Eating Five a day Eat Well Guide Changes in fruit and veg as it is cooked Baking Simmering Boiling Preparing vegetables</p> | <p>Locally sourced ingredients Sourcing ingredients Seasonality Building confidence Baking Weighing and Measuring Boiling Shaping Mixing</p> | <p>Locally sourced ingredients Sourcing ingredients Seasonality Building confidence Baking Weighing and Measuring Boiling Shaping Mixing</p> |

Year 10

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| <p>Commodity: Fruit and vegetables</p> <p>Principles of Nutrition: Macronutrients and Micronutrients, Water and Dietary Fibre.</p> | <p>Commodity: Cereals</p> <p>Diet and Good Health: Energy requirement, Nutritional values and planning a balanced diet.</p> | <p>Commodity: Milk, Cheese and yoghurt</p> <p>Food Spoilage: Understanding safety principles when buying, storing, preparing and cooking food.</p> | <p>Commodity: Meat, Poultry, Fish and eggs</p> <p>Cooking and Food Preparation: preparation and cooking techniques and developing meals and recipes.</p> | <p>Commodity: Beans, nuts and seed, soya, tofu and mycoprotien</p> <p>Prepare for examination Year 10`s will do in May Written / Online Examination 40%</p> | <p>Introduction to Component two: Non examination assessments One research project limited to 1500/2000 words.</p> <p>Scientific enquiry: Investigating the working characteristics and functional properties of ingredients</p> |
| <p>Basic Mixtures and Recipes: Cake making</p> <p>Food Commodities: The range of foods and ingredients from the major commodity groups.</p> | <p>Basic Mixtures and Recipes: Pastry making</p> <p>Food Science: The effect of cooking on food.</p> | <p>Basic mixtures and recipes: Bread Making</p> <p>Where food comes from: Food providence and manufacturing.</p> | <p>Basic mixtures and recipes: Roux sauce and gelatinisation</p> <p>Factors affecting food choice: Cultures and cuisines</p> | <p>Commodity: Butter, oil, margarine, sugar and syrup</p> <p>Prepare for examination Year 10`s will do in May Written / Online Examination 40%</p> | <p>Food Preparation: Researching and preparing dishes suitable to be served as part of a themed menu One research project limited to 2500/3000 words.</p> |

Year 11

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| <p>Component 1: The principles of Nutrition One exam 1 ½ hours (Year 11`s Only) Mock papers Assessing prior knowledge</p> | <p>Assessment 1: The Food Investigation 15% Title of the task Research methods Hypothesis</p> | <p>Component 1: The principles of Nutrition One exam 1 ½ hours (Year 11`s Only) Mock papers</p> | <p>‘Food preparation and Nutrition in Action’ Finalise files for external examiner</p> <p>Assessment 2: The Food Preparation Assessment 35%</p> | <p>Component 1: The principles of Nutrition One exam 1 ½ hours (Year 11`s Only)</p> | <p>NA</p> |
| <p>Assessment 1: The Food Investigation 15% One research project limited to 1500/2000 words. 8 assessment hours in total 15%</p> | <p>Assessment 1: The Food Investigation 15% Plan of Action Experiments Conclusions</p> | <p>Assessment 2: The Food Preparation 35% One research project limited to 2500/3000 words. 12 assessment hours in total 35%</p> | <p>One research project limited to 2500/3000 words. 12 assessment hours in total 35%</p> | <p>Component 1: The principles of Nutrition One exam 1 ½ hours (Year 11`s Only)</p> | <p>NA</p> |

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| | Non Examination Assessment one: Food in action |
| | Non Examination Assessment two: Food preparation |
| | Component 1: Written examination |