

## Food and Cookery

GROUP (to be designated teaching groups)	TERMLY FOCUS					
	TERM ONE Content Area 1	TERM TWO Content Area 1	TERM THREE Content Area 3	TERM FOUR Content Area 3	TERM FIVE Content Area 4	TERM SIX Content Area 2
Year 9	Health and safety relating to food, nutrition and the cooking environment	Health and safety relating to food, nutrition and the cooking environment	Food groups, key nutrients and a balanced diet	Food groups, key nutrients and a balanced diet	Factors affecting food choice	Food legislation and food provenance
	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge
GROUP (to be designated teaching groups)	TERM ONE Content Area 1	TERM TWO Content Area 2	TERM THREE Content Area 6	TERM FOUR Content Area 6	TERM FIVE Content Area 7	TERM SIX Content Area 7
Year 10	Food legislation and food provenance	Food legislation and food provenance	Recipe amendment, development and evaluation	Recipe amendment, development and evaluation	Menu and action planning for completed dishes	Menu and action planning for completed dishes
	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge	Content area 5: <i>Food preparation, cooking skills and techniques:</i> Various practical activities to improve skills and knowledge
Year 11	<b>Plan and Produce Dishes in Response to a Brief:</b> Students begin their NEA and showcase their practical skills and knowledge.	<b>Plan and Produce Dishes in Response to a Brief:</b> Students begin their NEA and showcase their practical skills and knowledge.	<b>Plan and Produce Dishes in Response to a Brief:</b> Students begin their NEA and showcase their practical skills and knowledge.	<b>Exam Revision</b>	<b>Exam Revision</b>	

## Food and Cookery

### **AO1** Recall knowledge and show understanding

The emphasis here is for learners to recall and communicate the fundamental elements of knowledge and understanding.

### **AO2** Apply knowledge and understanding

The emphasis here is for learners to apply their knowledge and understanding to real-world contexts and novel situations.

### **AO3** Analyse and evaluate knowledge and understanding

The emphasis here is for learners to develop analytical thinking skills to make reasoned judgements and reach conclusions.

### **AO4** Demonstrate and apply relevant technical skills, techniques and processes

The emphasis here is for learners to demonstrate the essential technical skills relevant to the vocational sector by applying the appropriate processes, tools and techniques.

### **AO5** Analyse and evaluate the demonstration of relevant technical skills, techniques and processes

The emphasis here is for learners to analyse and evaluate the essential technical skills, processes, tools and techniques relevant to the vocational sector

### **Content area 1: Health and safety relating to food, nutrition and the cooking environment**

The learner will understand safe and hygienic working practices when food is prepared and cooked:

- 1.1 Safe and hygienic working practices relating to the individual and the cooking environment
- 1.2 Potential hazards and risks in the cooking environment
- 1.3 Hazard Analysis and Critical Control Point (HACCP)
- 1.4 Minimising risk in the cooking environment
- 1.5 Safe and hygienic working practices when using cooking equipment and utensils

### **Content area 2: Food legislation and food provenance**

2.1 The Food Standards Agency and food safety legislation

2.2 Food provenance

2.2.1 Grown

2.2.2 Reared

2.2.3 Caught

2.3 Food transportation

2.4 Food processing

2.4.1 Why food is processed

2.4.2 Advantages of processed food

2.4.3 Disadvantages of processed food

2.5 Food manufacturing

2.5.1 Why food is manufactured

2.5.2 Advantages of manufactured food

2.5.3 Disadvantages of manufactured food

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### **Content area 3: Food groups, key nutrients and a balanced diet**

- 3.1 Food groups
- 3.2 The components of a balanced diet
  - 3.2.1 Proportions of the food groups
  - 3.2.2 UK government healthy eating tips
- 3.3 Nutrients
  - 3.3.1 Sources and functions of macronutrients
  - 3.3.2 Sources and functions of micronutrients
  - 3.3.3 Sources and functions of minerals
  - 3.3.4 Sources and functions of water
- 3.4 Nutrient imbalances
- 3.5 Fibre
- 3.6 Nutritional requirements for different groups of people
- 3.7 Food-related health conditions
  - 3.7.1 Health conditions
  - 3.7.2 Intolerances
  - 3.7.3 Allergies
- 3.8 Nutritional information on food labels

### **Content area 4: Factors affecting food choice**

- 4.1 Social factors
- 4.2 Environmental factors
- 4.3 Seasonality

### **Content area 5: Food preparation, cooking skills and techniques**

- 5.1 Key stages and the purpose of a recipe
- 5.2 The characteristics and function of ingredients
- 5.3 Preparation skills
- 5.4 Cooking techniques and skills

### **Content area 6: Recipe amendment, development and evaluation**

- 6.1 Recipe amendment
  - 6.1.1 Amending and developing recipes
- 6.2 Evaluating completed dishes

### **Content area 7: Menu and action planning for completed dishes**

- 7.1 Interpreting a customer brief
- 7.2 Menu planning
- 7.3 Action planning
- 7.4 Evaluating the planning and outcome of completed dishes against the requirements of a customer brief