**Curriculum Map Food Studies**

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| **R****Real World****E****Engaging & Enriching****S****Skills for Life****I****Inclusive****L****Leadership****I****Independence****E****Encourages Reflection****N****Next Steps****C****Challenge****E****Ethics & Empathy** | **KS2 National Curriculum** | **Unit** | **7** | **8** | **9** | **10** | **11** | **Next Steps** |
| To understand and apply the principles of a healthy and varied diet.To prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.To understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. | Term 1  | **An introduction to Food Studies** * Health and Safety food room
* Cross contamination
* Food hygiene
* Basic cookery skills e.g.: knife skills and weighting out
* Sensory evaluation
* Food science – enzymic browning
 | **Food Safety*** Risk assessments
* Time plans

**Health and Nutrition*** Eatwell Guide
* Recommended daily intakes (RDI)
* Consequences of a poor diet
* Adapting recipes
* Analysis of nutritional labels using CAD
 | **Careers*** KS4 & KS5 choices
* Career choices
* Links to other subjects / careers
* Life skills

 **Food Science*** Key temperatures
* Bacterial growth
* Microbiology
* Impact of preparing, cooking and storage of food
* Implementing this into practical lessons
* Marco nutrients investigations

  | **Chapters relate to online book** **Food safety. Chapter 5 & 6*** Food spoilage and contamination
* Principles of buying food

**Nutrition and health. Chapter 1 & 2** * Nutrients
* Nutritional needs

**Food choice Chapter 7*** Factors affecting food choice
* British and international cuisine
* Sensory evaluation
 | **Chapters relate to online book** **NEA 1 mock. Chapter 12.**  Food science 15% of final grade * **NEA 1 final assessment** 15% of final grade
* **Revision for mock exams . Chapter 13**
 | **KS5:**Apprentices BTEC catering courses Level 3 Food Science and Nutrition **Careers:*** Dietitian
* Chef
* Product development
* Food science
* Catering
* Food production
* Health care
* Personal trainer
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| Term 2  | **Healthy Eating*** Understanding the 8 healthy eating guidelines
* Importance of breakfast
* 5 a day fruit and vegetables campaign
* Setting personal healthy eating goals
* Understanding traffic light labels
* Food science – sauces
* Carbohydrates in the diet
 | **Health and Nutrition*** Marco and micronutrients
* Function and sources of nutrients
* Recommend daily amounts (RDI)
* Cooking methods & heat transfer
* Adapting a recipe
* Staple foods

 **Food choice*** Fairtrade fortnight March 2024
 | **Food Choice*** Moral issues – vegetarians and vegans
* Food Provenance
* Religion and food choice
* Budgeting and costings
 | **Food choice Chapter 8 & 9*** British and international cuisine
* Sensory evaluation

**Food Science. Chapter 3 & 4** * Cooking and heat transfer
* Functional and chemical properties of food
 | **NEA 2 Mock. Chapter 12** worth 35% of final grade * **NEA 2** worth 35% of final grade
* Revision for mock exams including practical mock. Chapter 13
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| Term 3  | **Farm to fork (Food provenance)*** Food processing
* Methods of farming
* Organic and free range
* Seasonal foods
* Visit to a working farm

**Healthy eating week- June** | **Food choice:** * Food allergies and special diets
* Affordability
* Adapting recipes for special diets

**Healthy eating week- June** | **Food Science**.* **Function of ingredients – cake making methods**
* Raising agents

**Finishing techniques**:* Cake making decorating methods / plate styling
* Computer aided manufacturing (CAD)

**Healthy eating week- June** | **Food Provenance. Chapter 10 & 11** * Environmental impact and sustainability
* Processing and production
 | **Revision –** based on gaps in knowledge |