**Logo

Description automatically generatedCurriculum 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 |
| 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 |
| 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 |