CURRICULUM MAP – Food and Nutrition

TRINITY ACADEMY

	Term	HT1	HT2	HT3	HT4	HT5	HT6
2nd Form	Title	Introduction to food preparation	Basic skills	Food Nutrition	Food commodities	Food commodities Part 2	Macronutrients
	Prior Knowledge	Only if pupils have prior Food Technology knowledge from primary/previous schools	Health and safety in the kitchen, Healthy eating guidelines, The Eatwell guide. Practical skills, learnt from previous rotation.	Health and safety in the kitchen, Healthy eating guidelines, The Eatwell guide. Practical skills, learnt from previous rotation.	The Eatwell guide, macronutrients and Basic practical skills.	The Eatwell guide, macronutrients, cooking methods and dairy products.	The Eatwell guide, macronutrients and Basic practical skills.
	Core Knowledge	Health and safety in the kitchen, Healthy eating guidelines, The Eatwell guide.	Basic practical skills: using a knife, using the oven, cooking methods.	Macronutrients, Energy balance, nutritional needs for different groups of people. Nutritional analysis.	Cereals: Wheat, bread, pasta, rice Fruit and vegetables: Choosing, storing and using fruits and vegetables Milk, Cheese and Yoghurt	Preparation and cooking of meat and fish. Temperature control Mycoprotein, nuts and seeds. Sugar, fats and oils	Macronutrients. Carbohydrates, Protein and fat
	Key takeaways for future learning	The Eatwell guide and what it is for and how. How to cook safely in the kitchen.	How to make basic healthy dishes. Where does bacteria come from?	Nutritional needs for at least 3 groups of people.	Practical skills learnt. Cooking methods when preparing fruits and vegetables Understanding how milk is farmed and used.	Function of ingredients. Practical skills learnt Understanding how to reduce sugar without effecting the quality of the food.	Function of macronutrients.
3rd Form							

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	Title	Food Choices	Sustainability	Food Science	Baking	Raising agents	International cuisine
	Prior Knowledge	The Eatwell guide, macronutrients, cooking methods and dairy products. The function of ingredients how to reduce sugar.	Factors affecting food choice	The Eatwell guide, macronutrients, cooking methods and dairy products.	The function of ingredients how to reduce sugar. What factors affect food choices?	The function of ingredients.	Factors affecting food choice, Culture and religion.
	Core Knowledge	Factors affecting food choice, Culture and religion.	Food provenance and food waste. Food miles.	Experimenting with the effects of a range of ingredients	Cake baking methods.	Analysing raising agents and their uses. Experiment with different raising agents.	How factors affect food choices.
	Key takeaways for future learning	What factors affect people's food choices?	Sustainability and food waste.	Understanding into how to perform experiments in food technology.	Deeper understanding into the function of ingredients.	The 3 types of raising agents and their uses.	How to conduct research. How to use your research to create a dish.

By the end of Key Stage 3, pupils are able to:	Work safely in a kitchen, following all health and safety rules. Read a recipe and execute the dish with minimal support. Understand the function of macronutrients and basic ingredients. Produce healthy dishes with an understanding of people's needs and diets. Be able to experiment with a range of ingredients and accurately assess the results.					
4th Form	**Term**	**1**	**2**	**3**	**4**	**5**	**6**
	Title	Introduction to GCSE Food Preparation and Nutrition	NEA2 mock	Basic mixtures NEA1 mock	The science of cooking food NEA1 mock	Diet and good health	NEA 2 mock
	Prior Knowledge	Health and safety, food commodities and food safety.	NEA 2 breakdown, health and safety and plating techniques	Health and safety in the kitchen. Presentation skills	Health and safety in the kitchen. Presentation skills	The Eatwell guide, macronutrients, cooking methods and dairy products. The function of ingredients.	NEA 2 previous mock. Health and safety and plating techniques. Special diets.

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	Core Knowledge	Food preparation exam and NEA breakdown and expectations. Plating techniques and presentation	Pupils will learn how write their NEA 2	How to make sweet and savoury pastries. NEA1 mock – use of different fats in pastry.	Cake making methods. NEA1 mock -function of ingredients. Use of different sugars	Vegetarians, vegans, special diets and religious beliefs.	Meal planning for particular people's needs.
	Key takeaways for future learning	How to present food for NEA 2	How to complete NEA 2, feedback on how to improve for the next mock.	How to complete NEA 1, feedback on how to improve. How to make pastry	Updated NEA1 improved with feedback from previous NEA 1	Understanding the difference between special diets and religious beliefs	How to complete NEA2 using skills and knowledge learnt.
5th Form	**Term**	**1**	**2**	**3**	**4**	**5**	**6**
	Title	GCSE-NEA 1	Revision	GCSE-NEA 2	Revision		
	Prior Knowledge	NEA1 mocks 1 and 2 NEA 1 checklists.	All previous theory work	NEA2 mocks 1 and 2. NEA 2 checklists	All previous theory work		
	Core Knowledge	NEA 1 Release date September. Use of previous NEA1. Research on task. The science of the food	Revision techniques. Exam questions.	NEA 2 Release date September. Use of previous NEA2. Research on task. The science of the food	Exam questions. Revision techniques.		
	Key takeaways for future learning	The science of food. Benefits to different groups of people	Techniques in revising for GCSE	New research skills learnt	Techniques in revising for GCSE		
By the end of Key Stage 4, pupils are able to:		Confidently and independently produce a three course meal for a range of people and diets. Produce high quality well-presented dishes. Confidently follow and adapt a recipe and create their own dishes. Able to confidently evaluate dishes and produce constructive feedback. Have a firm understanding on how to conduct a food experiment.					