

Food and Nutrition Matrix

	Autumn Term 1 (7 weeks)	Autumn Term 2 (7 weeks)	Spring Term 1 (5 ½ weeks)	Spring Term 2 (6 weeks)	Summer Term 1 (5 ½ weeks)	Summer Term 2 (6 ½ weeks)
Year 7 Cohort 1 until spring 1 (Feb ½ term) Cohort 2 from Spring 2 – Summer 2	THEME: Vegetables and Fruit <ul style="list-style-type: none"> • Health and Safety • Nutrition – Eatwell guide, macro, micro, functions • Cutting skills – basic and more advanced • Product Analysis 	<ul style="list-style-type: none"> • Design Process – specifications • Designing • Planning • Making • Evaluating • Vitamins theory and experiment • Festival treats - Christmas 	<ul style="list-style-type: none"> • Aeration – baking practical • Science – shortening, experiment and practical application • Setting coagulation of proteins – practical dish • Seasonality - food provenance 	THEME: Vegetables and Fruit <ul style="list-style-type: none"> • Health and Safety • Nutrition – Eatwell guide • Cutting skills – basic and more advanced • Festival treats - Easter 	<ul style="list-style-type: none"> • Product Analysis • Design Process – specifications • Designing • Planning • Making • Evaluating 	<ul style="list-style-type: none"> • Vitamins theory and experiment • Aeration – baking practical • Science – shortening, experiment and practical application • Setting coagulation of proteins – practical dish • Seasonality - food provenance
Year 8 Cohort 1 until spring 1 (Feb ½ term) Cohort 2 from Spring 2 – Summer 2	THEME: Staple Foods <ul style="list-style-type: none"> • Research - food provenance, cultural backgrounds etc. • Health and safety revision • Knife skills revision – practicals using staple foods increasing complexity • Dough making - pasta 	<ul style="list-style-type: none"> • Sauce making • Gelatinisation theory – carbs • Layering dish • Heat transfer – oriental cooking method • Design Process – specs using ACCESSFMM • Selecting dishes • Planning • Making own dish • Festival treats - Christmas 	<ul style="list-style-type: none"> • Nutritional and cost analysis – database • Bread making • Gluten formation theory and experiments • Pizza design and make. • Staple foods of the future – farming and changes in food provenance, production • Climate change 	THEME: Staple Foods <ul style="list-style-type: none"> • Research - food provenance and cultural backgrounds • Health and safety revision • Knife skills revision– practicals using staple foods increasing complexity • Dough making - pasta 	<ul style="list-style-type: none"> • Sauce making • Gelatinisation theory – carbs • Layering dish • Heat transfer – oriental cooking method • Design Process – specs using ACCESSFMM • Selecting dishes 	<ul style="list-style-type: none"> • Planning • Making own dish • Nutritional and cost analysis • Bread making • Gluten formation theory and experiments • Pizza design and make. • Staple foods of the future – farming and changes in food provenance, production • Climate change

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	Autumn Term 1 (14 lessons)	Autumn Term 2 (14 lessons)	Spring Term 1 (12 lessons)	Spring Term 2 (14 lessons)	Summer Term 1 (10 lessons)	Summer Term 2 (16 lessons)
Year 9	<p>UNIT 1 THEME: Food and Nutrition for homeless/rough sleepers</p> <ul style="list-style-type: none"> • Research – market needs • Nutrition – RDAs/DRVs • Soups • Carbs theory • Science-gluten revision, fermentation, biological aeration • Bread practicals – modification, cultural types • Cutting skills, heat transfer methods. • Volume production planning 	<ul style="list-style-type: none"> • Transportation, packaging issues • Volume production practical – tasks, timings, quality control • Catering assignment for school function –Open Evening event. <p>UNIT 2 THEME Cakes and decorating</p> <ul style="list-style-type: none"> • Cake unit started – • chemical and mechanical aeration • Function of ingredients • Cake making processes • Show stopper cake task analysis and research 	<ul style="list-style-type: none"> • Decorating techniques • Designing, planning making • Show stopper cake <p>HALF TERM Start of GCSE –</p> <ul style="list-style-type: none"> • Introduction to the GCSE, glossary etc. • Nutrition – life stages • Special dietary needs • Carbohydrates theory – function sources, excess, deficiency • +associated dishes, etc. • Science – gelatinisation revision – viscosity experiment • Simple and complex carbs. 	<ul style="list-style-type: none"> • Practical dish practising gelatinisation • dextrinization, • caramelisation, maillard reaction • Practical dishes to show application of science processes. • Aeration revision – meringue types, effects of acid, alkali experiments • Aeration – steam, choux pastry • Practical dishes to demonstrate science processes. 	<ul style="list-style-type: none"> • Proteins theory – function sources, excess, deficiency etc. • Science – denaturation, co-agulation, effects of acid, alcohol, alkali, mechanical action experiment. • Practical dish to demonstrate science process • Preparation of fish and meat from scratch – boning, skinning, gutting etc. • Practical dishes 	<ul style="list-style-type: none"> • Fats theory – function, sources, excess, deficiency • Science - Shortening – pastry types and practicals including more complex • Emulsification – experiment and practical dish • Vitamins and minerals revisit in depth –wet and dry cooking methods • Vitamins and minerals practical dishes • Vitamin c experiment • Heat transfer in depth + dish and its case study.

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Year 10	<ul style="list-style-type: none"> • Practising / revision of key skills dishes • Food Provenance • <i>Food provenance – farming workshop day trip – arable and reared, primary food processing – wheat.</i> • <i>Design a farm of the future.</i> • Food production – primary and secondary food processing, technological developments, practical dishes • Cutting skills – garnishes, presentation, plating, portioning, garnishes sweet and savoury • Tunnock teacake challenge • Nutritional and cost analysis • Exam practice questions 	<ul style="list-style-type: none"> • Food safety – revision and practice exam questions. Buying and storing food. Preparing, cooking and serving safely. • MOCKS (2 weeks) • Packaging – types, legal requirements of labelling etc. • Nutrition – macro/micro ingredients revision. • Practical dishes including all elements of eatwell plate. • Nutrition- life stages revisit • Select, plan and make dishes to address a life stage need. 	<ul style="list-style-type: none"> • Food choices – economical, social, moral, religious, influences etc. • Exam practice questions • Nutrition – energy needs BMR, BMI, PAL • Plan and make dish to respond to a food choice • Dietary fibre – functions, sources, excess, deficiency. • Explore opportunities for adding/increasing fibre in practical dishes. 	<ul style="list-style-type: none"> • Additives, reasons, consequences, health issues. • Revision: deficiencies of nutrients and medical consequences • Practice exam questions • Exploration of food from other cultures, • Types and characteristics of ingredients, food preparation, cooking methods etc. • British cuisine • Foods with protected status • 'Gismo' lessons – correct use and applications of specialist equipment – air fryer, sausage maker, ice cream maker, bread maker, spiralizer. 	<ul style="list-style-type: none"> • Catering assignment for school function – Expressive Arts event. • NEA 2 practice – theme to be determined by AQA sources. • Task Analysis and research • Selecting dishes • Technical skills x 3 • Write ups • Selecting final dishes x3 • Dovetailed planning • Making (1 dish to practise) • Evaluation including nutritional and cost analysis 	<ul style="list-style-type: none"> • NEA1 practice – theme to be determined according to AQA sources • Analysis of task, research, • Investigations x3 • Results write ups • Conclusion • Revision of topics which need revisiting (depends on class strengths and weaknesses) • Practice exam questions
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Year 11	<ul style="list-style-type: none"> • Practical activity to re-familiarise after holiday. • Some revision and Short mock paper to revise main themes in preparation for mocks later. • H/Ws revision of changing properties • NEA1– theme to be determined according to AQA 1st Sept. • Analysis of task, research, • Investigations x3 	<ul style="list-style-type: none"> • Results write ups • Conclusion • MOCKS (2 weeks) • NEA2 – theme to be determined by AQA 1st November • Analysis of task • Research 	<ul style="list-style-type: none"> • Selecting dishes • Technical kills x 4 • Write ups • Selecting final dishes x3 • Dovetailed planning - prep and write up 	<ul style="list-style-type: none"> • Making – (23/2/2023) • Evaluation including nutritional and cost analysis • Revision programme 	Revision programme	
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