



Marshalls Park Academy - Curriculum Overview



Subject: Food Preparation and Nutrition

Year Group: 9

Curriculum/Subject Leader: K Jackson/K Webb

Academic Year: 2023-24

During Year 9 students will be provided with necessary practical skills and nutritional knowledge that will help prepare them for KS4 GCSE Food Preparation and Nutrition. Students will understand and apply the principles of nutrition and health to cook a varied selection of predominately savoury dishes so that they are able feed themselves a healthy and varied diet. They will become competent in a range of cooking techniques. How to adapt recipes to meet a range of dietary needs and life stages and to be able to modify dishes that promote current healthy eating recommendations. During the course they will be encouraged to become aware of flavour, texture and smell to decide how to season and combine ingredients.

TERM 1	TERM 2	TERM 3
<p style="text-align: center;">KNOWLEDGE/SKILLS</p> <p>Topic 1 – Food Safety and Food Allergies/Intolerance</p> <ul style="list-style-type: none"> • Food safety • Allergens and Intolerance • Food poisoning • Future Chef Competition <p>Topic 2 – Seasonal Vegetables</p> <ul style="list-style-type: none"> • Definition of different types of vegetable • Seasonality • Nutritional content <p>Topic 3 - Special dietary requirements</p> <ul style="list-style-type: none"> • Vegetarian/Vegan • Religious • Medical • Age related 	<p style="text-align: center;">KNOWLEDGE/SKILLS</p> <p>Topic 4 – Dairy Food</p> <ul style="list-style-type: none"> • Structure • Quality • Food safety • Functions • Storage • Nutritional content <p>Topic 5 - Cake Making Methods</p> <ul style="list-style-type: none"> • Creaming • Melting • Rubbing in • Whisking • All-in-one 	<p style="text-align: center;">KNOWLEDGE/SKILLS</p> <p>Topic 5 – Eggs</p> <ul style="list-style-type: none"> • Structure • Quality • Food safety • Functions • Storage • Nutritional content <p>Topic 7 – Meat</p> <ul style="list-style-type: none"> • Structure • Quality • Food safety • Functions • Storage • Nutritional content <p>Topic 8 – End of year written and NEA PPE – Trial Dishes</p>
<p style="text-align: center;">KEY ASSESSMENTS</p> <p>HT1: End of topic exam style written assessment Practical assessment – FutureChef</p> <p>HT2: End of topic exam style written assessment Practical assessment – Age related diets</p>	<p style="text-align: center;">KEY ASSESSMENTS</p> <p>HT3: End of topic exam style written assessment Practical assessment – Cheesecake</p> <p>HT4: End of topic exam style written assessment Practical assessment – Victoria Sponge</p>	<p style="text-align: center;">KEY ASSESSMENTS</p> <p>HT5: End of topic exam style written assessment Practical assessment – Quiche</p> <p>HT6: End of topic exam style written assessment Practical assessment – NEA PPE – Trial Dishes</p>
<p>Assessment Criteria</p> <p>AO1 Demonstrate knowledge and understanding of nutrition, food, cooking and preparation</p> <p>AO2 Apply knowledge and understanding of nutrition, food, cooking and preparation</p> <p>AO3 Plan, prepare, cook and present dishes, combining appropriate techniques</p> <p>AO4 Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others</p>		