

# Curriculum Map 2020-2021

Subject: Food and Nutrition.

		12 week rotation
<b>Year 7</b>	<b>Unit title</b>	<b>Introduction to Food preparation and Nutrition.</b>
		Identify and understand what equipment is used for. Know how to use equipment safely. Why we cook food Heat transfer methods Parts of the cooker Equipment for weighing/measuring Accurately measure solids Accurately measure liquids Why our body needs food Eat well guide How to eat a balanced diet Nutritional value of cereal foods (wheat, rice, oats, pasta, flour) Primary processing methods Five a day campaign Seasonality Nutritional value/classification of fruit and vegetables Technical skills
	<b>Further learning</b>	Exploring Food and Nutrition textbook Chapter 1, 2 and 7. Look at videos, presentations and interactive Eat well guide game at: <a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a> Learn how flour is made by visiting <a href="http://www.fabflour.co.uk">www.fabflour.co.uk</a> and <a href="http://www.Grainchain.com">www.Grainchain.com</a> Watch these videos to see how bread and pasta are made: <a href="http://www.bbcgoodfood.com/videos/techniques/how-to-make-pasta-video">www.bbcgoodfood.com/videos/techniques/how-to-make-pasta-video</a> and <a href="http://youtu.be/uBVjRKcrM4">http://youtu.be/uBVjRKcrM4</a> Find out more about the 5 a day campaign at: <a href="http://www.nhs.uk/live-well/eat-well/5-a-day-what-counts">www.nhs.uk/live-well/eat-well/5-a-day-what-counts</a> Find out more about foods that are in season at: <a href="http://www.eattheseasons.co.uk">www.eattheseasons.co.uk</a>
	<b>Vocabulary</b>	<b>Eatwell guide, balanced diet, conduction, convection, radiation, enzymic browning,</b>

		<p>julienne, brunoise, macedoine, jardiniere, local, seasonal, appearance ,taste, texture, senses, nutrients, glut, tuber, polishing, fortified, primary processing, fibre, cereals, maintenance.</p> <p>Tier 2- organise, measure</p> <p>Tier 3- demonstrate</p>
Check your knowledge questions:-		<p>Heat transfer</p> <p>Eat well guide</p> <p>5 a day</p> <p>Seasonality</p>
<b>Summative Assessment</b>		<p>Exam paper (Food project)</p> <p>Technical skills.</p>
<b>Other information</b>		<p>Recipes posted of website to develop your technical skills at home. Practice weighing and measuring ingredients.</p>

		<b>12 week rotation</b>
<b>Year 8</b>	<b>Unit title</b>	<b>Healthy Eating/Nutrition and Technical skills</b>
		<p>Why does the body need food?</p> <p>Identification of macro and micro nutrients</p> <p>Protein – Function, sources and structure</p> <p>HBV/LBV</p> <p>Carbohydrates – Function and sources</p> <p>Function of Fibre/NSP in the diet</p> <p>Fat– Function, sources and structure</p> <p>Nutritional analysis using the nutrition program</p> <p>Cost analysis using the nutrition program</p> <p>Adapting recipes using the nutrition program</p> <p>Vitamins A, B, C and D Function, sources and deficiency</p> <p>Vitamin B - Function, sources and deficiency</p> <p>Vitamin C - Function, sources and deficiency</p> <p>Vitamin D - Function, sources and deficiency</p> <p>Calcium - Function, sources and deficiency</p> <p>Iron - Function, sources and deficiency</p> <p>What is energy balance?</p> <p>BMR</p> <p>Sources of energy</p>

		<p>How energy is measured</p> <p>Nutritional needs of key target groups: babies, children, adults, pregnant women and older adults.</p> <p>Nutritional needs and food choices of teenagers</p> <p>How to plan a balanced diet to meet the nutritional needs of teenagers</p> <p>Time planning</p> <p>Technical skills</p>
	<b>Further learning</b>	<p>Exploring Food and Nutrition textbook chapter 1 and 7.</p> <p>Find out more about nutrients and what is in your food at: <a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a></p> <p>Find out how you can eat more fibre in your diet. Visit <a href="http://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-in-your-diet">www.nhs.uk/live-well/eat-well/how to get more fibre in your diet</a></p> <p>Go online and look at children's menus from pubs and restaurants- for example <a href="http://www.harvester.co.uk">www.harvester.co.uk</a></p> <p>Look at recipes you could make for you and your family at: <a href="http://www.bbcgoodfood.com">www.bbcgoodfood.com</a></p>
	<b>Vocabulary</b>	<p>Nutrients, macro nutrient, micro nutrient, function, sources, excess, deficiency, HBV, LBV, dietary intake, protein, fat, carbohydrate, vitamins, minerals, calcium, iron, amino acid, protein complementation, NSP, dietary fibre, polysaccharides, dietary reference values, essential amino acids (EAA), non essential amino acids (NEAA)</p> <p>Tier 2- category, function</p> <p>Tier 3- prepare</p>
	Check your knowledge questions:-	<p>Protein</p> <p>Carbohydrates</p> <p>Fats</p> <p>Vitamins/Minerals</p>
	<b>Summative assessment</b>	<p>Exam paper (Nutrients)</p> <p>Technical skills.</p>
	<b>Other information</b>	<p>Recipes on website to practice technical skills.</p> <p>Look at <a href="http://www.webstaurantstore.com/article200/basic-guide-to-food-presentation.html">www.webstaurantstore.com/article200/basic-guide-to-food-presentation.html</a></p>

		<b>12 week rotation</b>
<b>Year 9</b>	<b>Unit title</b>	<b>Food Choices/ Food Safety Technical skills.</b>
		<p>Food safety principles when buying, storing and cooking food</p> <p>Food poisoning</p> <p>Cross contamination</p> <p>Colour coding to avoid cross contamination</p> <p>Temperature control</p> <p>Danger zone temperatures</p>

	<p>Types of contaminants: Physical, chemical, biological and allergenic</p> <p>Bacteria – conditions for growth/reproduction</p> <p>Pathogenic bacteria</p> <p>High risk foods</p> <p>HACCP</p> <p>Factors affecting food choice</p> <p>Sensory evaluation – sensory tests and star profiles</p> <p>British cuisine and eating patterns</p> <p>International cuisine (Either China or Italy)</p> <p>Traditional ingredients/dishes</p>
<b>Further learning</b>	<p>Exploring Food and Nutrition textbook chapters 3 and 4.</p> <p>Visit FSA (Foods standards Agency) <a href="http://www.gov.uk">www.gov.uk</a> Find out how bacteria multiply – <a href="http://www.bbc/bitesize/clips/zqt87ty">www.bbc/bitesize/clips/zqt87ty</a>.</p> <p>Watch these clips on sensory analysis <a href="http://www.campdenbri.co.uk/videos/sensory-descriptive-panel.php">www.campdenbri.co.uk/videos/sensory-descriptive-panel.php</a>.</p> <p>Look at how Greggs carry out sensory analysis: <a href="http://businesscasestudies.co.uk/greggs/consumer-focused-product-development/introduction.html">http://businesscasestudies.co.uk/greggs/consumer-focused-product-development/introduction.html</a></p> <p>Print out templates you can use for taste testing at <a href="http://www.Foodafactoflife.org.uk">www.Foodafactoflife.org.uk</a>.</p> <p>Find out how religion affects our food choices at: <a href="http://www.bbc.co.uk/religion/religions">www.bbc.co.uk/religion/religions</a></p> <p>Watch this clip on the best places for traditional British afternoon tea in London: <a href="https://youtu.be/t4j1s5AtdcO">https://youtu.be/t4j1s5AtdcO</a></p> <p>Watch this video on street food in India: <a href="https://youtu.be/ItUD1vgxQ">https://youtu.be/ItUD1vgxQ</a></p> <p>Find out more about recipes from different countries at: <a href="http://wwwbbcgoodfood.com/recipes/category/cuisines">wwwbbcgoodfood.com/recipes/category/cuisines</a></p>
<b>Vocabulary</b>	<p>Campylobacter, E-coli, Salmonella, Listeria, Staphylococcus aureus, bacillus cereus, bacteria, micro-organisms, enzymes, pathogenic bacteria, contamination, core temperature, enzymic browning, danger zone, ambient, spoilage, contamination, preservation, micro-organisms, symptoms, freezing, chilling, HACCP, high risk foods.</p> <p>Raising agents, roux, sensory descriptors,</p> <p>Umami, paired preference test, hedonic ranking, profiling, cuisine.</p> <p>Tier 2- appreciate, differentiate</p> <p>Tier 3- research</p>
Check your knowledge questions:-	<p>Contamination</p> <p>Personal Hygiene</p> <p>Cleaning</p> <p>Temperature control</p> <p>Pathogenic bacteria</p> <p>Food pests</p>
<b>Summative Assessment</b>	<p>British and international cuisines project</p> <p>Exam paper (Food safety)</p> <p>Technical skills.</p>

	<b>Other information</b>	See recipes on website to practice technical skills Look at <a href="http://www.webstaurantstore.com/article200/basic-guide-to-food-presentation.html">www.webstaurantstore.com/article200/basic-guide-to-food-presentation.html</a>
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