

St Nicholas Catholic High School Curriculum Overview

Name of Department: Food Preparation and Nutrition

Food Preparation and Nutrition	Year 7	Year 8	Year 9
Food Science	<p>Understand which ingredients/materials combine.</p> <p>Function of ingredients - - Dextrinisation (Fairy cakes)</p> <ul style="list-style-type: none"> - Caramelisation - (flapjacks) - raising agents <p>Development of evaluative skills</p>	<p>Functions of ingredients – Gelatinisation - (sweet and sour chicken – blended sauce, macaroni cheese – all in one method)</p> <ul style="list-style-type: none"> - Continued development of evaluative skills 	<p>Functions of ingredients – shortening/coagulation/dextrinisation, gelatinisation, denature of proteins.</p> <ul style="list-style-type: none"> - use of micro-organisms in food production – yeast in bread - Application of food science principles
Food Nutrition and Health	<ul style="list-style-type: none"> - To understand the principles of nutrition and health with a focus on the Eatwell Guide. - Identifying the function and source of the main macronutrients. 	<p>Applying the Eatwell guide when planning meals.</p> <p>Applying knowledge to diet and lifestyles.</p> <p>Macro and micro nutrients</p>	<ul style="list-style-type: none"> - Functions and sources of micronutrients - Functions of dietary fibre and water.
Practical Skills	<ul style="list-style-type: none"> - Development of practical making skills, knife skills, use of equipment, use of cooker, weighing and measuring, melting method, handling of high-risk foods, cake making method – all in one or creaming, whisking, use of a blender, emulsification (salad dressing), testing for readiness, safe storage of foods. - Applying the learning to practical dishes: Pizza Toast, fruit smoothie, flapjacks, Eton mess, Kofte, Fairy cakes, Pasta salad. <p>Highlighted practicals – if time allows.</p>	<ul style="list-style-type: none"> - Development of practical making skills: knife skills, handling, and cooking of high-risk foods, rubbing in, sauce making, shaping/filling, blended sauce, all in one method sauce. - Applying the learning to practical dishes: Sweet and Sour Chicken, Quesadillas, Bolognese Sauce, rocky road, Apple Crumble, Macaroni Cheese. 	<ul style="list-style-type: none"> - Development of practical making skills: knife skills, use of equipment, rubbing in, safe handling and storage of high-risk foods, whipping, presentation skills, making a dough, forming, and shaping, making a reduction sauce, thickening a sauce with starch. - Applying the learning to practical dishes: Scones, quiche, Chilli-con-carne, Fresh Fruit Tart, Pizza, Chicken Curry.
Food Provenance /Food Choice	<ul style="list-style-type: none"> - Reared and grown food. - Food from around the world – Italian cuisine 	<ul style="list-style-type: none"> - Needs of different dietary groups. - Food from around the world – Asian cuisine 	<p>Reared and grown food (cohort have not covered this topic yet).</p> <ul style="list-style-type: none"> - Food from around the world – Mexican Cuisine. - Preventing food waste

