

	Core	lessons
AUTUMN TERM	principles of good nutrition	recap <i>The Eatwell Guide</i> and main nutrients, and apply this knowledge to planning meals for different population groups. They will consider some diet related health
AUTUMN TERM		To describe and apply the principles of <i>The Eatwell Guide</i> and relate this to diet through life.
AUTUMN TERM		To outline why dietary needs change throughout life stages.
AUTUMN TERM		To describe the main dietary requirements in each key life stage.
AUTUMN TERM	principles of good nutrition	To investigate diet related health issues.
AUTUMN TERM	food science - rice	To investigate rice types and what happens when rice is cooked.

AUTUMN TERM		To secure and demonstrate knife skills and using the hob (frying, boiling and simmering) to prepare and cook mushroom risotto.
AUTUMN TERM	dietary needs	To list and explain the dietary needs of children and young people.
AUTUMN TERM	dietary needs	To investigate the relationship between physical activity and energy balance.
AUTUMN TERM	food science pasta sauces lesson 3	To compare and evaluate different types of pasta (dried, and fresh) and pasta sauces (chilled, jar, long life, homemade).
AUTUMN TERM	To secure and demonstrate the principles of food hygiene and safety, lesson 4	describe and independently demonstrate the principles of food hygiene and safety, focusing on using knives, the hob, draining and the grill.
AUTUMN TERM	food science - the senses and food	which senses do we use?

AUTUMN TERM	To identify different special dietary needs (including food allergens, food intolerance, and religious/cultural needs).	FOOD ALLERGIES - INTOLERANCES RELIGIOUS AND CULTURAL NEEDS
AUTUMN TERM	To investigate the information that is provided on food packaging.	understand food labels and legal requirements
AUTUMN TERM	FACTORS THAT AFFECT FOOD CHOICES To modify a dish for a person with a specific dietary need.	All around the world, people choose to eat different food for many different reasons, such as: individual energy and nutrient needs; diet and health; religion and culture; cost of food; food availability.
AUTUMN TERM	FOOD SCIENCE To create a food label for the modified dish.	understand nutritional inf

AUTUMN TERM	Religious, cultural or ethical beliefs	<p>Around the world, people choose to eat or avoid certain foods depending on their religious belief. Some beliefs have been followed for centuries and are well established as part of life.</p> <p>A healthy and varied diet is important for good health.</p>
AUTUMN TERM	Religion and food traditions around Europe	
AUTUMN TERM	Moral and ethical reasons for food choice	Why we choose food - ethical considerations
AUTUMN TERM	Cost and availability of ingredients and money available	The Economy of food presentation to highlight the key aspects of cooking on a budget.
AUTUMN TERM	THE ECONOMY OF FOOD	Factors affecting food choice
AUTUMN TERM	food science to secure and demonstrate food preparation skills when preparing and cooking a cottage pie, e.g. peel, chop and slice, using the hob (frying, boiling, simmering) to make a meat/alternative base, draining, mashing, layering, using the grill.	to secure and demonstrate food preparation skills when preparing and cooking a cottage pie, e.g. peel, chop and slice, using the hob (frying, boiling, simmering) to make a meat/alternative base, draining, mashing, layering, using the grill.

AUTUMN TERM	All about standards -	To investigate the information and guidance available to the consumer regarding availability, traceability, food certification and assurance schemes, and animal welfare.
	investigate food certification and assurance schemes.	To identify and explain food certification and assurance schemes.
	SEASONALITY	WHAT IS SEASONALITY
	ANIMAL WELFARE	UNDERSTAND THE Red
	food science - spicy samosas - To produce a recipe card with top tips suggesting how to include food certification and assurance scheme ingredients.	
SPRING TERM	FOOD AND FUNCTIONS investigate the characteristics of ingredients and their functions in cooking.	carry out practical tests to demonstrate the characteristics of ingredients, evaluate and explain the results.

SPRING TERM	Effects of cooking foods - Healthy eating	explain different cooking methods, the effect they have on food and suggest healthier ways to cook.
SPRING TERM	Food functions - bulk	the 'how and why' of ingredients and their functions
SPRING TERM	Food functions - glaze	the 'how and why' of ingredients and their functions
SPRING TERM	Food functions - set	the 'how and why' of ingredients and their functions
SPRING TERM	Food functions - thicken	the 'how and why' of ingredients and their functions
SPRING TERM	Food functions - aerate	the 'how and why' of ingredients and their functions
SPRING TERM	Food functions - bind	the 'how and why' of ingredients and their functions
SPRING TERM	The science of bread making	the 'how and why' of ingredients and their functions
SPRING TERM	Bread making - yeast experiment	the 'how and why' of ingredients and their functions
SPRING TERM	Gluten content investigation	the 'how and why' of ingredients and their functions
SPRING TERM	gelatinisation.	the 'how and why' of ingredients and their functions
SPRING TERM	knowledge of starches used as thickening agents.	the 'how and why' of ingredients and their functions
SPRING TERM	How to measure thickness or viscosity	test to measure the viscosity of a mixture, i.e. the thickness of liquid mixture, using a viscosity chart.
SPRING TERM	Principles of pastry making	Information about the function of fats in pastry
SPRING TERM	Dry heat	

SPRING TERM	Food science and red meat	Explain the changes that
SPRING TERM	TENDERISATION	
SPRING TERM	Functions of ingredients - cakes	<p>There are four main methods for cake making: creaming or all in one (Victoria sponge or fairy cakes);</p> <ul style="list-style-type: none"> · whisking (Swiss roll); · melting (ginger cake); · rubbing in (rock cakes)
SPRING TERM	Mycoprotein	vegetarian and vegan dietary alternative to protein
SPRING TERM	The senses and food presentation	the combinations of different senses allow you to evaluate food
SPRING TERM	what is sensory evaluation ?	Sensory evaluation is a scientific discipline that analyses and measures human responses to the composition of food and drink, e.g. appearance, touch, odour, texture, temperature and taste.
SPRING TERM	ways to record Hedonic scale	<p>hedonic scale - scoring</p> <p>- triangle test -duo - trio</p> <p>- ranking - star chart - Debono -</p>
SUMMER TART - SHORTNING AND RUBBING IN METHOD	review the scientific principles of shortening and coagulation.	secure and demonstrate food preparation skills when preparing and cooking a savoury tart, What is the rubbing in method?

DUTCH APPLE CAKE - AERATION	AERATION	will explore the ingredients used and explain how aeration of the mixture takes place.
Lasagne gelatinisation	LASAGNA To explain the science of gelatinisation	explain the science of gelatinisation giving practical examples.

SUMMER TERM		
	consider the key factors, including food hygiene and safety, when planning and creating food for a festival.	create a menu and calculate the cost of a dish.
food bacteria - lesson	food poisoning - bacteria	Food poisoning bacteria – life, growth and death
food choices - lesson	investigate how people’s choice of cuisines is changing, along with the way they buy, prepare and cook ingredients	explore different meal/recipe opportunities via recipe-kits available from supermarkets or for home delivery. In addition, they will create a plan for a recipe-kit to meet a specified need.
lesson 16	cultural dishes -Thai green curry - create a recipe kit dish	

[illegible]

Hinterland	INTERCURRICULAR
https://www.un.org/en/global-issues/food	
https://www.youtube.com/watch?v=S7JOAtF9CIg	
https://psychologyofeating.com/evolutionary-nutrition-and-why-is-it-so-important-video-marc We are still evolving as a human species. We are still evolving as a planet. We are still evolving metabolically	
(10) Nutrition at Different Stages of Life - YouTube	

After remaining virtually unchanged from 2014 to 2019, the prevalence of undernourishment (PoU) climbed to around 9.9 percent in 2020, from 8.4 percent a year earlier.

Around 660 million people may still face hunger in 2030, in part due to lasting effects of the COVID-19 pandemic on global food security.

It is estimated that between 720 and 811 million people in the world faced hunger in 2020.

Rich source of amino acids- Incredible rice benefits! (timesofindia.com)

SAVING WATER OR SAVING THE PLANET?

[Italy produces around 1.3 million tonnes of rice each year, 53% of which are exported to other European countries.1](#)

https://www.youtube.com/watch?v=TPbwpJRYctg Victorian Britain	HISTORY VICTORIAN TIMES
Estimations of physical activity expenditure - Course guide: Nutrition and physical activity - Library guides at QUT	pe lessons
BBC Two - How is tikka masala sauce made? Inside The Factory Facebook	
Mindful Eating – How to Eat With All Your Five Senses	

<p>There are three main kosher food categories:</p> <p>Meat (fleishig): mammals or fowl, as well as products derived from them, including bones and broth.</p> <p>Dairy (milchig): milk, cheese, butter, and yogurt.</p> <p>Pareve: any food that is not meat or dairy, including fish, eggs, and plant-based foods.</p>	<p>Summarise and organise material, and supporting ideas and arguments with any necessary factual detail.</p>
<p>ormation and adapted for certain groups</p>	

	ETHICS AND PHILOSPY -
	Pies with a difference

	Where food is grown, reared or caught around the UK, Europe and rest of the world
	Food provenance
?	
<ul style="list-style-type: none"> •What are the 3 main aspects of food security? (Availability, access, use.) •What are the factors that affect food security? (Food production, social, economic and environmental.) 	food-security-provenance-and-quality-website.pptx (live.com)
	increase vocabulary - add new vocab to key words booklet
	SCIENCE - learning more about the functional properties/characteristics of food and why they are used in recipes.

[illegible]

[illegible]

prior to the lessons Using an electric whisk video Folding in video Spooning a mixture into paper cases video (if using)

What happens when starch is heated in water or liquids?

- A process called gelatinisation takes place.
- Starch does not dissolve in liquids until heat is applied; the walls of the starch granules become soft and allow liquid to pass through.
- When the starch granules are first mixed in liquid they are suspended. If at this stage it is not stirred the starch granules stick together and sink.

www.prescouter.com/2018/05/the-future-of-food-what-will-we-be-eating-in-20-years	<ul style="list-style-type: none"> • Summarise and organise material, and supporting ideas and arguments with any necessary factual detail. • Use Standard English confidently in a range of formal and informal contexts, including classroom discussion.

[illegible]

Careers	homework	SMSC/School values
	Research & recall the 4 C's: •Cleaning – work areas should be kept clean and food handlers should wash their hands regularly; •Cooking – food,	
	RICE - https://www.wellandgood.com/is-rice-healthy/	
	Is Rice Healthy? Benefits and Drawbacks Well+Good (wellandgood.com) ADVANTAGES AND DISADVANTAGES	
Careers at Action Against Hunger Action Against Hunger		
	Research & recall the 4 C's: •Cleaning – work areas should be kept clean and food handlers should wash their hands regularly; •Cooking – food, especially meat, should be cooked properly; •Chilling – chilled foods should be kept cold and hot foods should be cooled as quickly as possible and then	

	BBC Two - How is tikka masala sauce made? Inside The Factory Facebook make your own curry paste	
	Investigate similar pasta products that are available on the market. Compare the ingredients used and cost with your homemade pasta dish. Use the Costing a recipe spreadsheet to calculate the cost of your pasta dish.	

	What does 'kosher' mean?	
	Draw up a table to show the advantages and disadvantages of both dishes.	
	<p>Divide the class into five groups and give each group a sample food/recipe. Challenge them to produce the information that would be on the label of the product if sold.</p> <p>They should include:</p> <ul style="list-style-type: none"> • Legal requirements; • Voluntary requirements; • Special information, e.g. gluten free. 	
	<p>Homework Create a label for the cottage pie that you will be making. Clearly show the information that is legally required and also include any additional information that you feel would be useful for the consumer. Use Explore food, or a similar nutrition analysis programme to produce the nutritional information, i.e. a front-of-pack label and a back-of-pack label.</p>	

RE		
	<p>Practical lesson evaluation template - Complete an evaluation of the planning and practical task. Explain the decisions you made and how you adapted your recipe. Remember to include taster's comments and whether you would make any further improvements/adaptations.</p>	<p>understanding and accepting other peoples difference s</p>

	what is missing Red Tractor worksheet EXTENSION MORE ABLE - Quality assurance scheme recipe challenge	
	Produce a recipe card for your samosas with top tips suggesting how to include food certification and assurance scheme ingredients. Note: Some pupils could use the My recipe template to create their recipe card	

[illegible]

	explaining the functions of ingredients in cake making.	
	test on teams What is meant by the term 'mycoprotein'?	
	Complete the Principles of pastry making worksheet using the Information sheet to support.	

	evaluation of Dutch apple cake - https://www.youtube.com/watch?v=AlSEvoTiFA8&list=PLSXnX8IDffhSU7A6Bi3us7KxEcHQqL_f2&index=14	
	Sauce making experiment	

	<p>Research & recall the 4 C's:</p> <ul style="list-style-type: none"> •Cleaning – work areas should be kept clean and food handlers should wash their hands regularly; •Cooking – food, especially meat, should be cooked properly; •Chilling – chilled foods should be kept cold and hot foods should be cooled as quickly as possible and then chilled; •Cross-contamination – raw foods should be kept separate from ready-to-eat foods, and surfaces and utensils should be cleaned thoroughly, to avoid cross-contamination. 	
	<p>identify sources of food poisoning bacteria. Present in an interesting way - cartoon comic strip newspaper article</p>	
	<p>The future of food: What will we be eating in 20 years? LOOK AT THE VIDEOS ON HINTERLAND AND SELECT ONE TO WATCH AND FEEDBACK ON</p>	
	<p>get feedback - post on social media and record reviews -</p>	

[illegible]