



Horizon Community College - Curriculum Overview

Subject: Food

Year 7 (Part of KS3 Rotation)		
	Theme	Teaching
1	Health and Safety	Health & safety practices when working in the Food room. Describing a range of equipment used in the food room and its uses. Explain what is meant by the terms food provenance and seasonality.
2	Cutting Techniques	Demonstrate good hygiene and health & safety practices when working in the Food room. Explain the importance of correct cleaning procedures. Demonstrate the Bridge and Claw technique.
3	The Eatwell Guide	Teach the importance of the Eatwell Guide. Introduce pupils to the main nutrients in The Eatwell Guide.
4	Fibre	Why fibre is needed in the body. Demonstrate and explain how to adapt a recipe to make it nutritious and healthier.
5	Using the Grill	Demonstrate good hygiene and health & safety practices when working in the Food room. Explain the importance of correct cleaning procedures. Pupils to follow a recipe using a range of equipment. Demonstrate how to correctly and safely use the grill.
6	Protein	Explain why protein is important in our diet. Pupils will look at the difference between animal and vegetable sources of protein. Demonstrate how to use the oven correctly.
7	Using the Oven	Demonstrate good hygiene and health & safety practices when working in the Food room. Explain the importance of correct cleaning procedures. Pupils to follow a recipe using a range of equipment. Demonstrate how to correctly and safely use the oven.
8	Vegetarians	Pupils will look at the different types of vegetarian diets. Demonstrate how to use the hob correctly.
9	Using the Hob	Demonstrate good hygiene and health & safety practices when working in the Food room. Explain the importance of correct cleaning procedures. Pupils to follow a recipe using a range of equipment. Demonstrate how to correctly and safely use the hob.
10	Brief of Assessment	Demonstrate how to answer a design brief. Demonstrate how to research, design and plan a range of ideas for a burger.
11	Assessment Planning	Demonstrate how to answer a design brief. Demonstrate how to research, design and plan a range of ideas for a burger. Introduce pupils to templates with reference to hygiene and safety.
12	Assessment Planning	Demonstrate how to answer a design brief. Demonstrate how to research, design and plan a range of ideas for a burger. Introduce pupils to templates with reference to hygiene and safety.
13	Practical Assessment	Demonstrate good hygiene and health & safety practices when working in the Food room. Explain the importance of correct cleaning procedures. Pupils to follow a recipe using a range of equipment. Demonstrate how to correctly and safely use a range of equipment in the food room.
14	Evaluation and Reflection	Demonstrate how to reflect and evaluate both written and practical knowledge and skills.
15	Rubbing in Technique	Understand and demonstrate the rubbing in technique. Apply this technique to products.
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Year 8 (Part of KS3 Rotation)		
	Theme	Teaching
1	Hygiene and Safety	Demonstrate hygiene and safety rules used in the food classroom. Recall the principles of The Eatwell Guide and how pupils can relate it to their own diet. To list and explain the main nutrients provided by the diet.
2	Energy	Demonstrate the use of starchy foods and apply the principles of food safety and hygiene when cooking. To be able to define energy and why it is needed. To identify sources of energy in the diet.
3	Energy	To prepare and cook a main meal dish that demonstrates the use of starchy foods. To demonstrate safe use of the hob, sharp knives and other small equipment. To demonstrate and apply the principles of hygiene and safety when cooking.
4	Carbohydrates	Demonstrate how and why carbohydrates are important in our diets. Explain and demonstrate how to make a carbohydrate based dish. List a range of different carbohydrates, explain how and why carbohydrates are used in meals.
5	Carbohydrates	Demonstrate how and why carbohydrates are important in our diets. Explain and demonstrate how to make a carbohydrate based dish. List a range of different carbohydrates, explain how and why carbohydrates are used in meals.
6	Protein	Demonstrate how and why Protein is needed in a healthy diet. Demonstrate how to make fritatas. Explain the science behind coagulation.
7	Protein	Demonstrate how and why Protein is needed in a healthy diet. Demonstrate how to make fritatas. Explain the science behind coagulation.
8	Brief of Assessment	Investigate and explore the key information from the design brief. Present understanding of the task and brief. Explore ideas that match the design brief.
9	Assessment Planning	Investigate and explore the key information from the design brief. Present understanding of the task and brief. Explore ideas that match the design brief.
10	Assessment Planning	Investigate and explore the key information from the design brief. Present understanding of the task and brief. Explore ideas that match the design brief.
11	Practical Assessment	Demonstrate good hygiene and health & safety practices when working in the Food room. Demonstrate how to follow a recipe using a range of equipment. Explain the importance of correct cleaning procedures.
12	Evaluation and Reflection	Demonstrate how to reflect and evaluate both written and practical knowledge and skills.
13	Micronutrients	Explain the micronutrients and state why they are needed in the diet. Explain the sources, types and functions of vitamins. Explain the process of gelatinisation in sauce making.
14	Micronutrients	Demonstrate prepare and cook a main dish which demonstrates the role of calcium in the diet. Demonstrate the preparation of an all in one sauce. Demonstrate and apply the principles of food safety and hygiene when cooking. To explain the process of rehydration in sauce. Explain what food waste is.
15	Sustainability	Outline what impact this can have on the consumer. Describe sustainability. List the key points regarding sustainability in the catering industry. Identify key points to reduce food waste.
16	Macronutrients	Describe and demonstrate the role of macronutrients that are needed by the body to produce energy. Explain the functions and sources of fat.
17	Macronutrients	Demonstrate prepare and cook a main dish which demonstrates the role of fat in the diet. Demonstrate and apply the principles of food safety and hygiene when cooking.
18	Reflection lesson	Demonstrate how to reflect and evaluate both written and practical knowledge and skills.
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Year 9 (Part of KS3 Rotation)		
	Theme	Teaching
1	The Eatwell Guide and Nutrients	What The Eatwell Guide is and how it can be used in your diet.
2	The Eatwell Guide and Nutrients	Linking the Eatwell Guide to a dish and preparing it.
3	Multicultural Foods	British Cuisine: Be able to cook dishes.
4	Multicultural Foods	British Cuisine: Be able to cook dishes.
5	Safe Food Storage	Know how food can cause ill health
6	Safe Food Storage	Know how food can cause ill health
7	Healthy Light Lunches	Brief and Research
8	Healthy Light Lunches	Plan production of dishes for a menu
9	Healthy Light Lunches	Practical of Healthy Light Lunches
10	Environmental Issue - Fairtrade/Seasonal Food	Brief and Research
11	Environmental Issue - Fairtrade/Seasonal Food	Plan production of dishes for a menu
12	Environmental Issue - Fairtrade/Seasonal Food	Practical and Evaluation
13	Environmental Issue - Fairtrade/Seasonal Food	Demonstrate how to reflect and evaluate both written and practical knowledge and skills.
14	Cake Making Methods	Brief and Research
15	Cake Making Methods	Plan production of dishes for a menu
16	Cake Making Methods	Teacher demo of assessment dish
17	Cake Making Methods	Assessed Practical
18	Cake Making Methods	Assessed Practical
19	Cake Making Methods	Demonstrate how to reflect and evaluate both written and practical knowledge and skills.