



Key Stage 4 Curriculum Overview

Progression from Key Stage 3 and optional progression through Post-16 :

	Autumn Term		Spring Term		Summer Term	
Year 9					Knowledge and basic skills gained from 5 week rotation offered 2022/2023. Skills include: <ul style="list-style-type: none"> - Basic use of hand equipment (e.g. knives, graters, measuring spoons etc.) - Use of the hob and oven to cook food. - How to correctly measure using weighing scales, jugs and measuring spoons. - How to clean up the kitchen after practical and use pot wash correctly. 	
Year 10	Theory		Theory	Skills	NEA	Revision
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Health and Nutrition: <ul style="list-style-type: none"> • Macronutrients • Micronutrients • Fibre and water • Eat well guide • Diet related health problems • Planning meals for different groups and nutritional analysis. • End of topic test. 	Food Science: <ul style="list-style-type: none"> • Heat Transfer • Cooking methods • Changing properties: Carbs/proteins/fats. • Raising Agents • End of topic test 	Food Provenance: <ul style="list-style-type: none"> • Grown/reared/caught foods • Waste and packaging • Food miles and global production • Primary/secondary processing • Fortification and modification • End of topic test 	Food Safety: <ul style="list-style-type: none"> • Spoilage and use of microorganisms • Storing and preparing food • Food Poisoning End of topic test	NEA 2 Directed brief, shorter section B only 3 dishes and chosen for them. The rest run as normal. Section A: Research Section B: Trial dishes Section C: Time plan Section D: Final practical Section E: Evaluation	Practical skills: With knowledge organisers on skills and techniques picked up. <ul style="list-style-type: none"> - Chicken proj - Bread - Pastry
		NEA 1: (Raising Agents) Directed brief and experiments. Run alongside the latter half of food science to strengthen connection.	Practical Skills project running alongside. Chicken Butchery.	Food Choice: <ul style="list-style-type: none"> • Influences • Culture/religion/ moral choices • Labelling/Marketing • Sensory testing. • End of topic test 		Exam Prep and revision
Homework: <ul style="list-style-type: none"> - Write ups of recipes that have been covered alongside the theory lessons. - Fill in glossary of key terms covered in the lesson. - Revision for end of topic tests. 				Homework: Complete knowledge organisers.	Homework: Making amendments to NEA work submitted in lesson.	Homework:

Year 11	NEA	NEA	NEA	Revision	Revision	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	NEA 1: <ul style="list-style-type: none"> Section A: Research Section B: Practical investigation Section C: Evaluation 	NEA 2: <ul style="list-style-type: none"> Section A: Research into task. Section B: Trail dishes Section C: Time plan 	NEA 2 <ul style="list-style-type: none"> Section D: Final practical Section E: Evaluation 	REVISION <ul style="list-style-type: none"> Misconceptions Types of questions explored: multiple choice/6 marks/12 marks. Exam technique 	Revision in preparation for examination.	Course Ended
	REVISION Each topic revised and supporting question set for homework.	Homework: Acting on feedback from teacher to make amendments.	Homework: Acting on feedback from teacher to make amendments.			

By the end of Key Stage 4 students should be able to:

- ✓ Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
- ✓ Develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks
- ✓ Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- ✓ Understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices
- ✓ Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- ✓ Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.