



COOKING, NUTRITION & TEXTILES - 5 YEAR PLAN

Cooking & Nutrition / Textiles	AUTUMN 1		AUTUMN 2		SPRING		SUMMER					
KS3 Year 7 <i>Building skills and safe working practices ½ year block in food ½ year block in textiles, broken into 2 separate blocks each Rotation may not be in order here as diff groups will do Textiles when others do food. Booklets with range of activities and starters to fit with learning</i>	Cooking and Nutrition Baseline test – what do students know already? Introduction – safety and hygiene in the food rooms. Intro to equipment – safe use of hob, oven & grill. Key skills across whole course– knife skills, mixing, rubbing in, folding, baking, washing up, combining ingredients, Combination of practical and theory work. Seasonal make (yule log or Easter make). Croque monsieur Scones, Fruit crumble, Yule log – if Christmas	ASSESSMENT 1 Safe and hygienic working practices in practical lessons. Evaluation skills	Cooking and Nutrition Intro to eat well guide and nutrition Sensory testing. Combining ingredients to create nutritional salads (knife skills) Combination of practical and theory work. Carrot cupcakes Coleslaw / cous cous salad bread – raising agents, function of ingredients, kneading etc. Combination of practical and theory work Bread rolls Pizza. Repeat baseline test to assess progress	ASSESSMENT 2 Eatwell guide – nutrition. Practical skills and understanding the function of ingredients. (End of year exam)	Textiles Base line test – what do students know already? Introduction to textiles, safe working practices etc. Intro to sewing machines and other equipment FPT – using machines to sew seams and hems accurately.Tie dye samples	ASSESSMENT 3 Safety in the practical workshop (safety sheet)	Textiles, key words spellings, evaluation of own ideas and other products. FPT –printed samples Designing and making Tie-dye and printed cushions with a theme of the Seasons. (use of CAD to produce stencils for laser cutter if computer availability)	ASSESSMENT 4 Print samples and design work. Final cushion EXAM – Cooking and Nutrition and Textiles				
KS3 Year 8 <i>Sustainability and nutrition in food Sustainability and skills ½ year block in food ½ year block in textiles, broken into 2 separate blocks each Rotation may not be in order here as different groups will do Textiles when others do food. Booklets with range of activities and starters to fit with learning</i>	Cooking and Nutrition Recapping hygiene and food safety in practical work, 4 Cs, temperatures etc. Fairtrade, sustainability and nutrition. Developing practical skills using a range of cooking methods Combination of theory and practical lessons. Savoury muffins Tropical fruit salad. Fairtrade Chocolate slab cake. Nutrition, function of ingredients, developing evaluation skills	ASSESSMENT 1 Hygiene and safety & evaluation	Cooking and Nutrition Food provenance, Nutrition / function of ingredients Combination of theory and practical lessons. Chicken or vegetarian goujons – protein - food safety –(handling of raw meat etc), skills including coating / enrobing Lemon cheesecake – intro to science (coagulation and setting) designing and making for a target market Pasta - carbohydrates Pasta salad / mac n cheese Cupcakes (presentation – target audience)	ASSESSMENT 2 Nutrition and sustainability, practical skills. End of year exam	Textiles Designing to a brief – Eden project , bag for life. 6Rs linked to textiles Sewing machine – driving text, seam and hem samples (didn't use machines in yr 7 due to Covid restrictions) Stencil printing. Repeat patterns	ASSESSMENT 3 – Designing, Health and safety, Research	Textiles CAD designing stencils for cutting on laser cutter. Bags printed and sewn together. Developing practical skills and accuracy on the machines Second mini project (time allowing) looking at fabric decoration and fashion linked to environmental issues (t shirt reworking / recycling project)	ASSESSMENT 4 – CAD, Practical skills. EXAM - Cooking and Nutrition and Textiles				
KS4 Year 9 <i>transition</i> <i>Food Preparation and Nutrition GCSE</i>	Introduction to GCSE – outline. Skills practice – vegetable cuts. Eatwell guide, International cuisine, safe handling of raw meat. Raising agents, function of ingredients Teacher led experiments and group work, theory and independent practical work to develop skills and understanding	ASSESSMENT 1 International cuisine assessment	Special dietary needs, costings, high risk foods, cross contamination, food safety, Raising agents Practice exam questions, multiple choice and building confidence in long answers (on going) End of unit theory and practical assessment	ASSESSMENT 2 Victoria sponge presentation Raising agents assessment	Technical challenge, garnish and decoration. Projects based learning i.e. pastry, Regular practical lessons related to learning.	ASSESSMENT 3 Pastry assessment , end of module theory assessment	Project based learning i.e. Bread, , Pastry project dovetailing recipes Healthy meal planning.	ASSESSMENT 4	Food science – function of eggs - protein	ASSESSMENT 5 Eggs Assessment	Skills audit. End of year mini assessment NEA 2task Summer food – food safety and food spoilage	END OF YEAR EXAM

KS4 Year 10 <i>Food Preparation and Nutrition GCSE</i>	Nutrition and Health Nutrients intro, Micro and Macro Protein (amino acids, HBV, LBV etc) Alternative proteins. Needs, deficiency etc. Fats – intro – needs types, experiments related. Healthy diet Eatwell guide recap Combination of theory independent and teacher led practical work to demonstrate principles, skills and understanding group and independent work.	ASSESSMENT 1 Protein assessment	Nutrients Continued – Carbohydrates Vitamins and minerals Nutritional needs and health Combination of theory independent and teacher led practical work to demonstrate principles, skills and understanding group and independent work, throughout the year. Quick low stakes testing – multiple choice practice recapping prior learning and long answer question practice	ASSESSMENT 2 Nutrients practical assessment and written test	Food Science and food safety Functional and chemical properties of food Cooking of food and heat transfer Practice NEA1 (investigation task)	ASSESSMENT 3 Practice NEA1 (Investigation task)	Food spoilage and contamination principles of food safety Food choice – factors affecting food choice, British and international cuisine (brief revisit) sensory evaluation	ASSESSMENT 4 Written test / practice exam questions and related assessed practical	Food provenance Environmental impact and sustainability, processing and production Visit to Bridgwater and Taunton Catering Dept	ASSESSMENT 5 End of unit test and related assessed practical	Practice Nea 1 /2 Afternoon tea Food preparation task. Any areas need to revisit	END OF YEAR EXAM and NEA2 practice
KS4 Year 11 <i>Food Preparation and Nutrition GCSE</i>	Intro to NEA (usually NEA1 and 2) Presentation skills exercise No NEA1 this year – develop practical skills and techniques needed for NEA (NEA1 investigation task set by exam board 15% of GCSE mark - Research, Investigations (under full exam conditions) 2 x 2hour slots - Analysis and evaluation	ASSESSMENT 1 NEA1	(NEA1 complete. (Analysis and evaluation, presentation) Practical skills lessons and NEA2 introduction (food preparation task)	ASSESSMENT 2 PPE s and NEA1	NEA2 Food preparation task, 35% of final GCSE mark. Researching the task. Demonstrating technical skills (developing recipes in response to research)	ASSESSMENT 3 NEA2	NEA2 Demonstrating practical skills continued. Writing up results Planning final menu.	ASSESSMENT 4 NEA2	NEA2 final exams 3 hour practical in answer to the brief and research and development already completed. Final evaluation.	ASSESSMENT 5	Exam preparation Revision / exam preparation focusing on long questions particularly – 50% of final GCSE mark	EXAM