

## FOOD – 5 year plan

| Year 7                                                                              | Year 8                                             | Year 9:                                                                                                                           | Y10/11 Btec Level 1 and 2 Awards in home cooking skills | Y10/11 GCSE Food nutrition (AQA 2 years) |
|-------------------------------------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|------------------------------------------|
| Safety - Cleaning, hygiene, storage                                                 | Safety - food labels, dates, hot, cold food stuffs | Safety - equipment use for mechanical and electric in food production<br>AQA unit awards 72030 food handling basic cooking skills | Home cooking skills                                     | Food safety                              |
| Cooking techniques - prepare fresh fruit and veg for salads and sandwiches, snacks. | Cooking techniques - use hobs, ovens, grills       | Cooking techniques - steam, frying, baking, boiling AQA unit award 71655 Cooking techniques                                       | Prepare and cook a nutritious meal                      | Preparation skills                       |
|                                                                                     |                                                    |                                                                                                                                   |                                                         | Food preparation techniques              |
| Health eating choices - food choices for lunches, snacks                            | Health eating choices - food groups, portion size. | Health eating choices - balanced eating plans, menu's.<br>AQA unit awards 70054 Preparing a simple meal                           | Plan a nutritious meal                                  | Nutrition and Health                     |
|                                                                                     |                                                    |                                                                                                                                   |                                                         | Macro and Micronutrients                 |
|                                                                                     |                                                    |                                                                                                                                   |                                                         | Food science                             |
| Seasonal - changes in seasons, temp                                                 | Seasonal - climate affecting food production.      | Seasonal v smoking and ageing of food AQA unit award 113073<br>Budgeting for and cooking at home                                  | Passing on information about home cooking               | Food choice                              |
| Sourcing - farming differences                                                      | Sourcing - home and imported food differences.     | Sourcing - environmental impact of sourcing different foods AQA unit award 70647 making Fajitas                                   | Cooking economically at home                            | Food Provenance                          |
| Processing - factory processing, packaging                                          | Processing - preserving food                       | Processing - menu production, costing, AQA unit award 112807<br>Designing and creating a menu using a computer                    |                                                         | Food processing                          |