

St Gabriel's Curriculum Map – Food Studies

Curriculum Intent KS2	Food studies equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. Our curriculum will encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves, and others, affordably and nutritiously now and later in life. Through Hospitality and catering, students will demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment. They will 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. They will 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.									
	Time	7	8	9	KS3	10	11	KS4	KS5	Careers
<p>Declarative Knowledge:</p> <p>understand and apply the principles of a healthy and varied diet</p> <p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed</p>	HT1	<p>Develop basic food safety, hygiene and preparation skills.</p> <ul style="list-style-type: none"> Food hygiene Using equipment Food safety & the role of an EHO Eatwell guide Macronutrients: Carbohydrates Macronutrients: Protein Macronutrients: Fats 	<p>Factors affecting food choice.</p> <ul style="list-style-type: none"> Factors affecting food choice Special dietary needs overview – allergen vs intolerance Special diets – ethical diets Nutritional needs for ages 	<p>International cuisines and being a smarter consumer.</p> <ul style="list-style-type: none"> Organoleptic properties Taste testing and fair tests Weather, climate and food production Where our food comes from Seasonality Responding to a brief Analysing the brief and customers nutritional requirements Time plan Evaluation of task 	<p>Declarative Knowledge: National curriculum reference</p> <p>Understand and apply the principles of nutrition and health</p> <p>Understand the source, seasonality and characteristics of a broad range of ingredients.</p> <p>Understand how different factors affect our food choices.</p> <p>Know what a healthy and varied diet</p> <p>Seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <p>Apply understanding of how to adapt dishes to suit specific tastes.</p> <p>Understand and use range of preparation and cooking skills</p> <p>Apply their understanding of ingredients to select, prepare and cook a range of dishes.</p>	<ul style="list-style-type: none"> Introduction to the course Types of H&C provision Types of service within the H&C sector Food service styles ASSESSMENT 1.1 - 1.2 Task 1a: Eatwell Guide & NHS Task 1a: Life stages Task 1a: Macronutrients Task 1a: Micronutrients <p>2.3.1 - 2.3.3 Prepare, cook and present dishes. Practical lessons will explore more technical knife skills and high skilled outcomes.</p> <ul style="list-style-type: none"> Front of house roles and responsibility Back of house roles and responsibility Employment contracts Qualifications, skills and attributes Salaries, contracts linked to age, remuneration Supply and demand of staff Overheads and associated costs of running a business Factors affecting menu planning Impact of media <p>2.3.1 - 2.3.3 Prepare, cook and present dishes. Practical lessons will explore high skilled outcomes and look at how to make the most of expensive ingredients while reducing food waste.</p>	<p>Refresh knowledge and understanding of:</p> <ul style="list-style-type: none"> Health and safety in hospitality and catering Food Safety Food related causes of ill health Symptoms and signs of food-induced ill health Preventative control measures of food-induced ill health. <p>Unit 1 mocks (1)</p> <ul style="list-style-type: none"> The Environmental Health Officer (EHO) The operation of the front and back of house <p>NEA</p>	<p>Declarative Knowledge: Functional, nutritional and chemical properties of food and</p> <p>Relationship between diet, nutrition and health, effects of poor diet and health</p> <p>Influences on food availability, production processes, and diet and health choices.</p> <p>Food safety considerations when preparing, processing, storing, cooking and serving food</p> <p>ingredients and processes from different culinary traditions</p>	<p>No A Level Food exists. Food related courses at university require Science A levels.</p> <p>BTEC Qualifications: Bury College L1: Intro to Professional cookery L2: Culinary skills L2: Professional cookery L3: Advanced Professional Cookery L3: Professional Patisserie and Confectionary Bolton College L1&2: Food Preparation and service L2: Professional Chef Programme L3: Event management and Hospitality Hopwood Hall L2: Diploma in Food and Beverage L2: Professional Cookery L3: Advanced technical diploma in Patisserie and Confectionary.</p>	<p>Nutritionist</p> <p>Food Technologist</p> <p>Health Promotion</p> <p>Nursing</p> <p>International Aid/ Development</p> <p>Catering</p> <p>Dietetics</p> <p>Product Development</p> <p>Retail management</p> <p>Hotel and hospitality</p> <p>Environmental health</p> <p>Teaching</p> <p>Nursing</p> <p>Health and Fitness</p>
	HT2	<ul style="list-style-type: none"> Micronutrients: Vitamins Micronutrients: Minerals 								

Lesson Topics at KS3 are delivered as part of a carousel throughout the Year

	HT3					<ul style="list-style-type: none">Health and safety in hospitality and catering provisionFood safetyTask 2a: factors that affected your choice of dishes:<ul style="list-style-type: none">Seasonal/skills/equipmentCost/service/menu/locationClient baseEnvironment <p>2.3.1 - 2.3.3 Prepare, cook and present dishes. Practical lessons will explore more technical knife skills and introduce patisserie and pastry making.</p>	Unit 1 Mocks (2) NEA		Professional Cookery L3: Food Safety in Catering Apprenticeships Bury College L2: Commis Chef. Production Chef Bolton All BTECs also offered as Apprenticeships Hopwood L2: Hospitality Team Member L2: Commis Chef and Production Chef L3: Hospitality Supervisor L3: Senior Production Chef	
Procedural Knowledge: Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques	HT4				<p>Procedural Knowledge: National curriculum reference:</p> <p>Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.</p> <p>Become competent in a range of cooking techniques:</p> <ul style="list-style-type: none">select + prepare ingredientsuse utensils + equipmentapply heat in different waysseason and combine ingredientsadapt and use own recipes <p>Analyse existing products and use research to develop success criteria.</p>	<ul style="list-style-type: none">Task 2a: factors that affected your choice of dishes:Nutrition/cost/customer appealOrganolepticOrganolepticThe operation of the front and back of houseThe operation of the front and back of houseCustomer requirements in hospitality and cateringHospitality and catering provision to meet specific requirementsASSESSMENT 1.2.1-1.2.3 <p>2.3.1 - 2.3.3 Prepare, cook and present dishes. Practical lessons will explore more technical knife skills and introduce the preparation and cooking of fish and seafood.</p>	Working conditions in the hospitality and catering industry. Contributing factors to the success of hospitality and catering provision	Procedural Knowledge: Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment. <ul style="list-style-type: none">Practical: How to prepare and make dishes: preparation techniques/knife skills/cooking techniquesFood safety PracticesUnderstanding the importance of nutritionHow cooking methods impact on nutritional valueHow to plan production Presentation techniques		
	HT5				<ul style="list-style-type: none">Food poisoning causesAllergens and intolerancesSymptoms and signs of food-induced ill healthPreventative control measures of food-induced ill healthThe Environmental Health Officer (EHO)ASSESSMENT 1.4.1-1.4.4	Exam preparation Pupils will be revisiting all unit 1 content to identify gaps in knowledge and prepare for their Unit 1 exam.				

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					<p>Generate, develop, model and communicate ideas through dish trials.</p> <p>Evaluate ideas and products against sensory properties and consider the views of others to improve their work.</p>	<ul style="list-style-type: none"> Assess the production of the presented dishes Review of their planning, preparation and cooking. <p>2.3.1 - 2.3.3</p> <p>Prepare, cook and present dishes. Practical lessons will explore more technical presentation skills and industry style desserts</p>				
	HT6					<ul style="list-style-type: none"> MOCK NEA – Intro to brief Task 2a: factors that affected your choice of dishes: Seasonal / skills / equipment Client base Cost / service / menu / location Task 4a: Assess the production of the presented dishes. Task 1a: Eatwell Guide & NHS Task 1a: Life stages Task 1a: Macro and micronutrients Assess the production of the presented dishes Assess the production of the presented dishes <p>2.3.1 - 2.3.3</p> <p>Prepare, cook and present dishes. Pupils trial their final chosen dishes to perfect all elements of it.</p>				