Curriculum Overview

BE KIND
WORK HARD
AIM HIGH

FOOD

At Coquet Community School, we provide a broad and balanced, ambitious curriculum for all pupils. Our food curriculum builds upon the knowledge and skills pupils have developed in first school through a well-planned and sequenced curriculum. Our curriculum plans follow the National Curriculum as well as drawing upon best practice within the field of food. We draw on evidence-based research to ensure our curriculum is high quality and meets the needs of our pupils. We provide regular opportunities to revisit learning, so it becomes embedded in our pupils' long-term memory. The overview of our plan is below:

Assessment: This includes one key piece of assessed work per term						
Year	**Autumn 1**	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
7	**Healthy Lunches** During Y7, pupils will build upon their prior knowledge by revisiting the concept of safety, hygiene and health. Pupils will apply their new knowledge to practical cooking activities. and explore topics including healthy living, food hygiene and safety awareness. Pupils will be given the opportunity to deepen their understanding of safe working practices including safe use of the cooker and hob.		During Y7 pupils will improve their understanding of The Eatwell Guide. They will improve their understanding of bacteria and the importance of cleanliness. They will understand and demonstrate the effectiveness of handwashing while undertaking practical cooking tasks. Pupils will also develop and improve their knowledge of food literacy and become more fluent when using key terms when carrying out sensory analysis of products they have made. Pupils will improve their basic knife skills and practice knife safety.		Year 7 pupils will build on the knowledge and skills developed throughout the year by focusing on planning and preparing healthy meals independently. Students will apply their understanding of the The Eatwell Guide, healthy eating principles, food hygiene, and kitchen safety while completing a range of practical cooking activities. They will continue to develop their confidence in using kitchen equipment safely, refine their knife skills, and demonstrate effective food preparation techniques. Pupils will explore how to adapt recipes to make them healthier, consider nutritional needs when planning meals, and evaluate the sensory qualities of their products using appropriate food technology terminology. By the end of the summer term, students will be able to prepare a variety of healthy dishes safely and hygienically, showing increased independence, creativity, and understanding of the role food plays in maintaining a healthy lifestyle.	

8	**Healthy Living** In Y8, pupils will revisit the concept of safety, hygiene and health and deepen their understanding of several topics this term through both theory and practical work. This will enable them to create a broader range of dishes enhancing their understanding of safe working practices in the kitchen setting. When carrying out practical cooking, pupils will build up greater independence in using equipment and managing their time more effectively in readiness for Y9.	Year 8 pupils will develop their understanding of healthy living, nutrition, and balanced diets through theory and practical cooking activities. They will continue to improve their food preparation skills while working safely and hygienically in the kitchen. Pupils will prepare a wider range of healthy dishes and explore factors that influence food choices, including cost, culture, and sustainability. They will build greater independence by planning, organising, and evaluating their practical work.	Year 8 pupils will apply their knowledge of nutrition, food safety, and healthy eating through more challenging practical tasks. They will demonstrate increased confidence and independence in the kitchen, preparing a variety of dishes and developing skills in readiness for Year 9 Food Technology.
9	**Food Choices** In Y9, pupils will deepen their understanding of food preparation and nutrition by carrying out a range of theory and practical tasks. Pupils will build upon their previous understanding of hygiene and safety from Y8 and apply this to all practical cooking situations. Pupils will develop their practical cooking skills by creating more complex dishes through The Eatwell Guide and Healthy Living as well as practical cooking to develop organisation and planning skills, developing evaluation skills, understanding nutrition and different dietary needs, advancing their understanding of the Danger Zone, bacteria, food choices, how ingredients work, micronutrients, macronutrients, deficiencies and excesses. Pupils will continue developing their practical skills and confidence by preparing and cooking a broader range of dishes.	Year 9 pupils will build upon their understanding of food preparation, nutrition, and healthy eating. Through theory and practical activities, they will explore different dietary needs, develop their knowledge of macronutrients and micronutrients, and continue to improve their food preparation skills. Pupils will investigate how ingredients function within recipes and how food choices can be influenced by health, lifestyle, and personal requirements. They will prepare a wider range of dishes while developing their organisation, planning, and evaluation skills.	Year 9 pupils will apply their understanding of nutrition, food safety, and food choices through more complex practical cooking tasks. They will demonstrate greater independence in the kitchen, refine their practical skills, and confidently prepare and evaluate a variety of dishes in readiness for Key Stage 4 Food Preparation and Nutrition.
10	**GCSE Food Preparation and Nutrition** Year 10 pupils will begin the AQA GCSE Food	Year 10 pupils will develop their knowledge of food science, food choice and food provenance, investigating how ingredients	Year 10 pupils will apply their understanding of nutrition, food science and food preparation through more complex practical

	Preparation and Nutrition course by developing their understanding of food safety, nutrition and health, alongside essential food preparation skills. Through practical and theory lessons, students will explore the functions of nutrients, healthy eating guidelines, and a range of cooking techniques while working safely and hygienically in the kitchen. .	behave during cooking and the factors that influence food choices. Practical lessons will focus on improving technical skills, organisation and time management while preparing a range of increasingly challenging dishes.	tasks. They will develop confidence in planning, preparing and evaluating dishes, while considering dietary needs, recipe adaptation and the nutritional value of food in preparation for Year 11 and the NEA assessments.
10	**GCSE Food & Nutrition (AQA Course)** Year 10 pupils will begin the AQA GCSE Food Preparation and Nutrition course by developing their understanding of food safety, nutrition and health, alongside essential food preparation skills. Through practical and theory lessons, students will explore the functions of nutrients, healthy eating guidelines, and a range of cooking techniques while working safely and hygienically in the kitchen.	Pupils will develop their knowledge of food science, food choice and food provenance, investigating how ingredients behave during cooking and the factors that influence food choices. Practical lessons will focus on improving technical skills, organisation and time management while preparing a range of increasingly challenging dishes.	Year 10 pupils will apply their understanding of nutrition, food science and food preparation through more complex practical tasks. They will develop confidence in planning, preparing and evaluating dishes, while considering dietary needs, recipe adaptation and the nutritional value of food in preparation for Year 11 and the NEA assessments
11	Year 11 pupils will complete NEA 1: The Food Investigation, investigating the scientific principles behind food preparation and cooking. Students will plan, carry out and evaluate practical investigations while	Pupils will complete NEA 2: The Food Preparation Assessment, demonstrating their ability to plan, prepare, cook and present a range of dishes in response to a given brief. They will further develop their practical skills,	Following completion of the NEA assessments, pupils will focus on preparation for the AQA written examination. They will revise the key areas of Food, Nutrition and Health; Food Science; Food Safety; Food

	developing their understanding of food science and improving their analytical and evaluation skills.	time management and organisation while producing a portfolio that showcases their technical and nutritional knowledge.	Choice; and Food Provenance, alongside practising exam-style questions and applying their knowledge to a range of contexts to ensure they are fully prepared for the final GCSE examination.

Examples of on-going assessment and feedback in lessons
● Verbal feedback by the teacher to the whole class which pupils act on in the lesson ● Pupils self-assess or peer-assess work with a clear framework guiding them through this ● Teachers circulate to give 'LIVE' and immediate feedback as pupils are working independently ● Pupils may complete mini quizzes or retrieval activities that revisit prior learning and receive verbal feedback ● Use of tailored questioning by the teacher