



	Year 7	Year 8	Year 9
Autumn Term	<p>Food safety</p> <ul style="list-style-type: none"> Personal hygiene Clean work surfaces Separate raw and cooked foods and use of separate utensils Correct cooking times Appropriate temperature control including: defrosting and reheating Appropriate care with high risk foods <p>Food and Nutrition</p> <ul style="list-style-type: none"> Food groups Eatwell Plate Government guidelines <p>Practical Sessions</p>	<p>Food safety</p> <p>Principles when buying and storing food temperature control:</p> <ul style="list-style-type: none"> freezing: -18°C chilling: 0 to below 5°C danger zone: 5 to 63°C cooking: 75°C reheating: 75°C ambient storage temperature danger zone correct use of domestic fridges and freezers date marks 'best before' and 'use by' dates covering foods <p>Food and Nutrition</p> <ul style="list-style-type: none"> Macronutrients and micronutrients The current guidelines for a healthy diet. Portion size and costing when meal planning. How peoples' nutritional needs change and how to plan a balanced diet for different life stages <p>Practical Sessions</p>	<p>Food safety</p> <p>Food spoilage:</p> <ul style="list-style-type: none"> enzymic action: ripening of bananas, browning of some fruits mould growth: eg on bread and cheese. Recognise the signs of mould growth on foods yeast action on fruits eg grapes, strawberries and tomatoes <p>Bacterial contamination:</p> <ul style="list-style-type: none"> the different sources of bacterial contamination the main types of bacteria which cause food poisoning the main sources and methods of control of different food poisoning bacteria types the general symptoms of food poisoning <p>Food and Nutrition</p> <ul style="list-style-type: none"> Macronutrients and micronutrients How to plan a balanced meal for specific dietary groups? How to maintain a healthy body weight throughout life? The relationship between diet, nutrition and health The major diet related health risks <p>Practical Sessions</p>

<p>Spring Term</p>	<p>Food Science</p> <ul style="list-style-type: none"> • The reasons why food is cooked • Selection of appropriate preparation, cooking methods and times to achieve desired characteristics • Food choice • Understand the following factors in relation to food choice: <ul style="list-style-type: none"> • celebration/occasion • cost of food • preferences • enjoyment • food availability • lifestyles • seasonality <p>Practical Sessions</p>	<p>Food Science</p> <ul style="list-style-type: none"> • How preparation and cooking affect the appearance, colour, flavour, texture, smell and overall palatability of food • Selection of appropriate preparation, cooking methods and times to achieve desired characteristics <p>Food choice</p> <ul style="list-style-type: none"> • Food choice related to religion, culture, ethical and moral beliefs and medical conditions • Sensory testing methods <p>Practical Sessions</p>	<p>Food Science</p> <p>How heat is transferred to food through:</p> <ul style="list-style-type: none"> • conduction • convection • Radiation • Selection of appropriate preparation, cooking methods and times to achieve desired characteristics <p>Food choice</p> <p>Food labelling and marketing:</p> <ul style="list-style-type: none"> • mandatory information included on food packaging in accordance with current European Union and Food Standards Agency (FSA) legislation • non-mandatory information: provenance, serving suggestions • how to interpret nutritional labelling • how food marketing can influence food choice eg buy one get one free, special offers, meal deals, media influences, advertising, point of sales marketing • Sensory testing methods <p>Practical Sessions</p>
<p>Summer Term</p>	<p>Food Provenance</p> <ul style="list-style-type: none"> • Where and how ingredients are grown, reared and caught? • An understanding of organic and conventional farming, free range production, intensive farming, sustainable fishing • Advantages and disadvantages of local produced foods, seasonal foods and Genetically Modified (GM) foods <p>Practical Sessions</p>	<p>Food Provenance</p> <ul style="list-style-type: none"> • Environmental issues associated with food: • seasonal foods • sustainability eg fish farming • transportation • organic foods • the reasons for buying locally produced food • food waste in the home/food production/retailers 	<p>Food Provenance</p> <ul style="list-style-type: none"> • Sustainability: • climate change • global warming • sustainability of food sources • insufficient land for growing food • availability of food • fairtrade • problems of drought and flooding • Genetically Modified (GM) foods • food waste <p>Practical Sessions</p>

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