



Curriculum Map- KS3 Food & Nutrition & L1/2 Hospitality and Catering

Below is a curriculum map, showing what is taught at each stage of the year.

	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 7	Introduction to Food & Nutrition Food groups, kitchen practice, knife skills, risks and hazards	HEALTH AND SAFETY Hygienic practices, introduction to the kitchen	Introduction to Nutrients Kitchen practicals	Introduction to Proteins Kitchen practicals	Introduction to diet and different life stages Kitchen practicals	PRACTICAL SKILLS & final assessments - theory and practical
Year 8	Macro & Micronutrients Micronutrients, vitamins, minerals, special diets	Specialist diets - medical, religious beliefs and personal choices	Hazardous bacteria Kitchen practicals	Food poisoning and risks to ill health Kitchen practicals	Food laws and legislation Kitchen practicals	PRACTICAL SKILLS & final assessments - theory and practical
Year 9	Food Provenance Free range, organic, fair trade, GM, carbon footprint	Environmental Impact - seasons and food miles Kitchen practicals and cooking techniques	Presentation skills in the kitchen Kitchen practicals	Introduction to the Catering Industry Kitchen practicals	Catering and the law Kitchen practicals	PRACTICAL SKILLS & final assessments - theory and practical
Year 10	<u>Unit 1</u> LO3.2 Health and Hygiene HACCP process <u>Unit 2</u> Understanding the importance of nutrition - role of macronutrients <u>Practical</u> Knife skills Making pastry	<u>Unit 1</u> LO4: Know how food can cause ill health <u>Unit 2</u> Understanding the importance of nutrition - role of micronutrients. How cooking methods impact nutritional value <u>Practical</u> Pasta dishes	<u>Unit 1</u> Symptoms and signs of food induced ill health <u>Unit 2</u> Factors that affect menu planning <u>Practical</u> Chicken dishes	<u>Unit 1</u> Role of the EHO Preventative control measures - Food Hygiene regulations <u>Unit 2</u> Meeting specific dietary requirements <u>Practical</u> Sweet dishes	<u>Unit 1</u> Health and safety in hospitality and catering provision <u>Unit 2</u> How to plan production (Time planning) <u>Practical</u> Building presentation skills	<u>Mock NEA</u> Planning dishes to meet the needs of customers, production plan, practical assessment, Reviewing own performance
Year 11	<u>Unit 1</u> Refresh H&S training L2 certificate <u>Unit 2</u> Preparing for NEA Focus on practical skills	<u>Unit 2</u> Assessment NEA	<u>Unit 1</u> Working in the hospitality and catering industry Working conditions	<u>Unit 1</u> Contributing factors to the success of hospitality and catering provision	<u>Unit 1</u> Revision	<u>Unit 1</u> exam