Curriculum Design 2025-26

Food Studies

		Term1		Term2		Term3	
		Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
7	Theme	**Topic 1 Health and Safety**		**Diet and Healthy Eating**		**Where Food Comes From**	**Creative Project**
	Concept	Hygiene and Food Safety Planning, preparation and cooking skills		Diet and Healthy Eating		Hygiene and Food Safety Planning, preparation and cooking skills Diet and Healthy Eating	Hygiene and Food Safety Planning, preparation and cooking skills
	Skills Knowledge	**Theory:** Knife safety – bridge and claw Food contamination – the 4 C How to store food correctly The danger Zone and key temperatures Cooker Safety How to cook food Safely Practical routines **Practical**: Dippy Divers Pasta Salad Apple Crumble Seasonal practical's – Halloween and Christmas		**Theory**: The Eat Well Guide What is the Eat Well Guide How to follow a healthy diet **Practical**: Pizza Pitta – Bread and Sauce Rockcakes Seasonal Practical – Easter		**Theory**: Where are food comes from Understanding the difference between caught, reared and processed foods **Practical's**: Chicken Nuggets Stir Fry	A project which is a national competition and a house competition. Linking back to what pupils have learn throughout the whole year and how to be creative. Looking at food presentation and food planning **Practical**; Tunnocks teacake presentation challenge
	Wider Curriculum						House competition
		Rotation projects completed in year 8.					
8	Theme	**Topic 1- Macronutrients**			**Topic 2 - Micronutrients**		
	Concept	Hygiene and Food Safety Planning, preparation and cooking skills Diet and Healthy Eating			Hygiene and Food Safety Planning, preparation and cooking skills Diet and Healthy Eating		
	Skills Knowledge	**Theory:** Pupils will complete a recap looking health and safety in the food room Recap of the Eat Well Guide Introduction to the 5 main nutrients – looking at the 3 macronutrients (fats, Carbohydrates and Protein) in detail then cooking a dish linked to that nutrient. **Practical:** Ragu sauce Focaccia Bread Curry Fruit Tart			**Theory:** Recapping the main nutrients – looking at the 2 micronutrients (vitamins and Minerals) in details then cooking a dish linked to that nutrient. **Practical:** Sweet and Sour Chicken/alternative Koftas Cheese sticks		
	Wider Curriculum						

9	Theme	**Topic 1 – Health and Safety**		**Topic 2 – Nutritional needs throughout life**		**Topic 3 – Special Diets and food issues**	
	Concept	Hygiene and Food Safety Planning, preparation and cooking skills		Hygiene and Food Safety Planning, preparation and cooking skills Diet and Healthy Eating		Hygiene and Food Safety Planning, preparation and cooking skills Diet and Healthy Eating	
	Skills Knowledge	**Theory:** Pupils will look at health, safety and hygiene in food while focusing on 'fake aways' Pupils will understand bacterial growth, food poisoning, the environmental health officer and how an establishment gets it hygiene rating. **Practical's – 'fake aways'** Burgers Pizza Seasonal Halloween practical Salt and Pepper Chicken Seasonal Christmas practical		**Theory:** Recap the eat well guide and the 5 main nutrients Understanding the different life stages and what nutritional needs are required for each stage Linking dishes to these life stages: **Practical's:** Toddlers: - sweetcorn fritters Teenagers - cheesecake Adults: - stuffed chicken Easter practical		**Theory:** Pupils will look at special diets (allergies, food intolerance, religious and vegetarian) Pupils will look into food issues – environmental and organic) Pupils will make dishes linked to each of these issues **Practical:** Sausage rolls (ruff puff pastry) Spring rolls - vegan	
	Wider Curriculum						
10	Theme	**Food Related causes of ill health**	**The importance of Nutrition and factors affecting food choice and Complex skills**	**Hospitality and Catering provision**	**Hospitality and Catering provision**	**NEA mock assessment and written exam**	
	Concept	**Food Related Ill Health**	**The importance of Nutrition and factors affecting food choic Complex cooking and prep skills**		**Roles and responsibilities of those working in H&C**	**Creating a dish for a client**	
	Skills Knowledge	Intro to the course and out of the year **Assessment – written exam and 1.4** **Food safety in Hospitality a Catering** Pupils will look at the cause and the visible and non-visi symptoms associated with food-induced ill health. Pup will consider some of the m common intolerances and allergies and the best ways preventing illnesses which c food related. Pupils will also take a close look at the rol of an Environmental Health Officer in the hospitality an catering industry	**The importance of Nutrition** Pupils will look at the importance of nutrition and the two main groups of nutrients: Macronutrients and Micronutrients. Pupils will look closely at the food groups and how each life-stage will need different amounts of nutrients to ensure a healthy lifestyle. Pupils will also explore the different cooking methods and their impact on nutritional value. Factors affecting food choice Pupils will look at menu planning and the range of factors affecting Pupils will continue using cooking skills linked with a medium complex skill. Pupils will be introduced to how to select a recipe for a life stage. **Practical's:** Sushi Focus on Pastry: • Shortcrust • Choux • Flaky • Rough puff • Laminated • Enriched Focus on Bread	**Assessment – Written exam 1.1 1.3 1.4** **Hospitality and catering provision** Pupils ill look at the different types of provision and services offered in the hospitality and catering industry and the range of diverse and exciting job opportunities available. Pupils will explore the roles and responsibilities of those working in hospitality and catering and the way in which they industry is constantly evolving and adapting to different demands.	**NEA mock assessment** Pupils will complete a mock assessment for NEA 2 Pupils will look at the importance of nutrition linked to a life stage from a brief. From this they will explore the different cooking meth and their impact on nutritional values, Pupils will also be asked to look at menu planning, the skills needed for chefs working in vario provisions and the range of factors affecting menu planning. Pupi will need to complete a production plan for their dish and make t dish. Pupils will then be asked to review their performance and work. **NEA Practical – 2 hours** Pupils will recall basic, medium and complect cooking and knife s and will create several dishes with a medium / complex skill.	

			• Bread • Enriched bread • Focaccia		Pupils will continue using cooking skills linked with medium / complex skill. Pupils will be linking dishe to a food service. **Practical's:** Chicken portioning Chicken – stuffed chicken breast Chicken – nuggets Lasagne – fresh pasta and sauce		
	Wider Curriculum						
11	Theme	**NEA**	**1.4 Food safety in Hospitality c Catering**	**1.1 Hospitality and catering provision**	**1.2 How hospitality and catering provisions oper**	Exam techniques and revision for written exam	
	Concept	Hospitality and catering in action					
	Skills Knowledge	Preparation for NEA, recap of main topics Practical exam – wc 13/10/2025 An assignment brief will be provided by WJEC which will include a scenario and several tasks for pupils to complete.	**1.4 Food safety in Hospitality c Catering** Pupils will look at the cause ar the visible and non-visible symptoms associated with foo induced ill health. Pupils will consider some of the most common intolerances and allergies and the best ways of preventing illnesses which are food related. Pupils will also to a close look at the roles of an Environmental Health Officer i the hospitality and catering industry	**1.1 Hospitality and catering provision** Pupils ill look at the different types of provision and services offered in the hospitality and catering industry and the range of diverse and exciting job opportunities available. Pupils will explore the roles and responsibilities of those working in hospitality and catering and the way in which they industry is constantly evolving and adapting to different demands.	**1.2 How hospitality and catering provisions operate** Pupils will look at the operation of t front and back of house, the responsibilities of those working in different areas of a hospitality and catering provision, and the various equipment used to carry out duties successfully, depending on the size and needs of a provision. Pupils will also consider the requirements of customers visiting a provision and h to best meet the needs of those individuals.	Exam techniques and revision for written exam	
	Wider Curriculum						