



Bishop Chadwick
Catholic Education Trust

Design & Technology, Food and Computer Science Department



Progression Models 2022

Cooking & Nutrition and Food Preparation & Nutrition



Progression Model - Year 7 Cooking & Nutrition

Module Title: <u>Food Safety</u>	Module Title: <u>Food, Nutrition & Health</u>	Module Title: <u>Food Provenance</u>
<p>Learning Intent for this module:</p> <p>To develop key skills in understanding and application of Kitchen Safety and Personal Hygiene.</p>	<p>Learning Intent for this module:</p> <p>To build on earlier skills from module 1 whilst developing competence in using the hob, grill and oven.</p> <p>To be able to explore and understand healthy eating models such as the Eatwell Guide and the Dietary Guidelines and make links between these and our food.</p>	<p>Learning Intent for this Module:</p> <p>To further develop practical skills by safely handling high risk foods such as chicken whilst also developing confidence and independence in their practical skills.</p> <p>To explore the sources of food and understand about food provenance and food ethics eg fair trade, food miles, organic, animal welfare.</p>
<p>Key Content to be learned:</p> <p>Practical Focus:</p> <ul style="list-style-type: none"> • Tea & Toast: Safe use of Grill, Kettle • Pizza Toast: Grill, Recognise when food is 'ready' • Smoothies: Safe use of Knife, Hand blender • Fruit Salad: Knife Skills, Uniform Pieces <p>Theory Focus:</p> <ul style="list-style-type: none"> • Kitchen Safety • Personal Hygiene 	<p>Key content to be learned:</p> <p>Practical Focus:</p> <ul style="list-style-type: none"> • Spicy Wedges: Safe use of Oven, Knife skills, Uniform pieces. • Flapjack: Safe use of Hob & Oven, Team Work Tidying. • Muffins: Weighing & Measuring, Uniform Portions, Recognise when food is 'ready'. • Biscuits: Uniform Pieces, Recognise when food is 'ready', Safe use of Oven. <p>Theory Focus:</p> <ul style="list-style-type: none"> • Eatwell Guide • Dietary Guidelines (8 tips) 	<p>Key Content to be learned:</p> <p>Practical Focus:</p> <ul style="list-style-type: none"> • Chicken Nuggets: Safe handling of high risk food, Uniform pieces, Recognise when food is 'ready'. • Chicken Tikka: Safe handling of high risk food, Uniform pieces, Recognise when food is 'ready'. • Pasta Salad: Recognise when food is 'ready', safe use of hob, Independent working • Potato Salad: Recognise when food is 'ready', safe use of hob, Independent working <p>Theory Focus:</p> <ul style="list-style-type: none"> • Ethical Food Issues • Grown, Reared, Caught
<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • Written: Kitchen Safety • Written: Writing like a food inspector 'What went wrong in the kitchen? How could they improve?' 	<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • Written: Cooking Skills (Weighing & Measuring, Uniform Portions, Recognise when food is 'ready') • Written: Writing like a Nutritionist 'The Importance of following the Dietary Guidelines'. 	<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • END OF YEAR EXAMINATION • Written: Writing like an activist 'Persuasive letter to supermarket to stock more ethical food products/reduce packaging'

Progression Model - Year 8 Cooking & Nutrition

Module Title: Macronutrition & Micronutrition	Module Title: Life stages and nutrition	Module Title: Food Choices
Learning Intent for this module: Sources and uses of macronutrients.	Learning Intent for this module: Sources and uses of macronutrients.	Learning Intent for this Module: Why do people eat the food they eat?
<p>Key Content to be learned:</p> <ul style="list-style-type: none"> • Develop practical skills including: <ul style="list-style-type: none"> ○ Knife skills ○ Use of hob ○ Use of grill ○ Use of oven ○ Use of equipment to make preparing food easier and quicker ○ Using macronutrients in food • Theory knowledge <ul style="list-style-type: none"> ○ Sources of macronutrients ○ The uses of the 3 macronutrients in the diet ○ Effects of an excess and deficiency of each macronutrient • Practicals <ul style="list-style-type: none"> ○ Pizza make dough ○ Veg prep and make pizza ○ Bolognaise sauce ○ Sausage rolls 	<p>Key Content to be learned:</p> <ul style="list-style-type: none"> • Develop practical skills including: <ul style="list-style-type: none"> ○ Knife skills ○ Use of hob ○ Use of grill ○ Use of oven ○ Use of equipment to make preparing food easier and quicker • Theory knowledge <ul style="list-style-type: none"> ○ The nutritional needs of the key stages of life ○ The effects of poor nutrition at different life stages ○ How to measure BMI, and how it can be used to inform dietary choices. ○ Portion distortion and how it affects your health and diet. • Practicals <ul style="list-style-type: none"> ○ Stir fry vegetables ○ Pasta and sauce ○ Microwave sponge ○ Bacon and fried egg sandwich 	<p>Key Content to be learned:</p> <ul style="list-style-type: none"> • Develop practical skills including: <ul style="list-style-type: none"> ○ Knife skills ○ Use of hob ○ Use of grill ○ Use of oven ○ Use of equipment to make preparing food easier and quicker • Theory Knowledge <ul style="list-style-type: none"> ○ Reasons for people choosing food, e.g. religion, availability, cost etc ○ How can the food we choose to eat affect our health. • Practicals <ul style="list-style-type: none"> ○ Traditional food suitable for a religious group ○ Italian chicken/Chicken curry using Quorn ○ Seasonal fruit crunch pot ○ Pasta salad
<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • Nutritional advice task • Extended writing in the style of a newspaper restaurant critic to evaluate one of his or her own dishes. 	<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • Dietary advice task based on BMI • Extended writing – analysis of own diet with suggestions for improvements 	<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • END OF YEAR EXAMINATION • Skills review of practical task

Progression Model – Year 9 Cooking & Nutrition

Module Title: Food Science- Proteins and mechanical raising agents.	Module Title: Food Science Carbohydrates and biological raising agents.	Module Title: Food Science- Fats & Oils and Chemical Raising agents.
<p>Learning Intent for this module: <u>Raising agents</u></p> <p><u>Food science</u> – Raising agents: to explore the science behind the way foods change during cooking and preparation of ingredients – Proteins</p>	<p>Learning Intent for this module: <u>Raising agents</u></p> <p><u>Food science</u> - to explore the science behind the way foods change during cooking and preparation of ingredients –Carbohydrates</p>	<p>Learning Intent for this Module: <u>Raising agents</u></p> <p><u>Food science</u> - to explore the science behind the way the properties change during cooking and preparation of ingredients – fats & oils</p>
<p>Key Content to be learned:</p> <p><u>Raising agents:</u> An introduction to all raising agents, Biological, Steam / Air, Mechanical and Chemical. <u>Focus on:</u> Mechanical</p> <p><u>Food Science</u></p> <ul style="list-style-type: none"> Changing properties of Proteins, to understand the functional and chemical properties of proteins. How they change the food and the science behind these changes. <p>Key terms: Proteins</p> <ul style="list-style-type: none"> denaturation coagulation foams gluten <p>Develop practical skills including:</p> <ul style="list-style-type: none"> General practical skills Use of the cooker Use of equipment to make preparing food easier and quicker Presentation Setting mixtures Raising agents <p>Practical tasks including:</p> <ul style="list-style-type: none"> poached egg on toast – eaten in class – taste testing 	<p>Key Content to be learned:</p> <p><u>Raising agents:</u> An introduction to all raising agents, Biological, Steam / Air, Mechanical and Chemical. <u>Focus on:</u> Biological</p> <p><u>Food Science</u></p> <ul style="list-style-type: none"> Changing properties of Carbohydrates, to understand the three ways in which carbohydrates change in food when cooking. <p>Key terms: Carbohydrates</p> <ul style="list-style-type: none"> gelatinisation dextrinisation caramelisation <p>Develop practical skills including:</p> <ul style="list-style-type: none"> General practical skills Use of the cooker Weighing and measuring Dough making Use of equipment to make preparing food easier and quicker <p>Practical tasks including:</p> <ul style="list-style-type: none"> shop bought pasta and white cheese sauce shaped and flavoured bread – biological raising agents 	<p>Key Content to be learned:</p> <p><u>Raising agents:</u> An introduction to all raising agents, Biological, Steam / Air, Mechanical and Chemical. <u>Focus on:</u> Air and Chemical</p> <p><u>Food Science</u></p> <ul style="list-style-type: none"> Changing properties of fats & oils, to understand the three ways in which fats & oils, change in food when cooking. <p>Key terms: Fats & Oils</p> <ul style="list-style-type: none"> aeration shortening plasticity emulsification <p>Develop practical skills including:</p> <ul style="list-style-type: none"> General practical skills Weighing and measuring Use of the cooker Use of equipment to make preparing food easier and quicker <p>Practical tasks including:</p> <ul style="list-style-type: none"> small cakes group task – experimenting with different fats taste testing and analysing cakes from the practical – sensory testing

<ul style="list-style-type: none"> • piped meringue nests – mechanical raising agents • whisked sponge dem and taste testing 	<ul style="list-style-type: none"> • Chemical raising agents experiment - effervescence 	
<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • Written: writing like a food scientist: written explanation to show their understanding of how the protein strands change when heat is applied – key terms to use are coagulation and denaturation and dextrinization for the toast. 	<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • Written: writing like a chemist: written explanation of effervescence – describe results, writing an analysis and summary. 	<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • END OF YEAR EXAMINATION • Written: writing like a food critic: analysis of the cakes and describe which fats are best for small cakes and the function they have.

Progression Model – Y10 Food Preparation & Nutrition

Module Title: Nutrition	Module Title: Nutrition and Food Science	Module Title: Food safety and food choices
Learning Intent for this module: Understanding Macro-,micro- and trace element nutrition;	Learning Intent for this module: Nutrition; Understanding food science;	Learning Intent for this Module: Why people eat the food they eat.
<p>Key Content to be learned:</p> <ol style="list-style-type: none"> 1. Definitions of micro-, micro- and trace element nutrition. 2. the uses of nutrients in the body, effects of excess and deficiency in the body 3. Effects on health of macro and micronutrients 4. How to perform nutritional analysis of food (explore food website) <p>Practical Skills</p> <ol style="list-style-type: none"> 1. Knife Skills & Mayo dem (1 lesson) 2. Panacotta & Coulis (1 lesson) 3. Cooking Eggs (1 lesson) 4. Profiteroles; sweet or savoury (2 lessons) 5. Shortcrust Pie; sweet or savoury (2 lessons) 	<p>Key content to be learned:</p> <ol style="list-style-type: none"> 1. Ages and stages – how nutritional needs are affected by age 2. Understanding of health conditions caused by dietary factors 3. Meal planning to suit specific needs. 4. Why food is cooked 5. Different cooking methods 6. Changing properties of ingredients <p>Practical Skills</p> <ol style="list-style-type: none"> 1. Meringues (1 lesson) 2. Cooking Carbohydrate (1 lesson) 3. Blind Baking; LMP or Quiche (2 lessons) 4. Puff Pastry; sausage rolls or pan au chocolate (2 lessons) 	<p>Key Content to be learned:</p> <ol style="list-style-type: none"> 1. Food spoilage 2. Food Storage 3. How to prepare food safely 4. Use of microorganisms in food production 5. Moral, ethical and cultural choices 6. Food labelling 7. Marketing and Cuisines 8. Sensory Testing <p>Practical Skills</p> <ol style="list-style-type: none"> 1. Chicken Tikka; wraps or salad (1 lesson) 2. Pasta Making (1 lessons) 3. Bread; Stromboli or Chelsea bun (2 lessons) 4. Make & decorate cakes (2 lessons)

<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • Practical task skills write up. • Apple Pie Practical skills • Nutritional analysis of practical dish • Nutritional analysis exam style question 	<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • Lemon meringue pie practical skills • Lemon meringue pie technical skills write up • Plan a meal to suit a specific age group 	<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • Sensory analysis of practical dish • Presentation of food practical task • Bar-b-que food safety task • END OF YEAR EXAMINATION
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Progression Model – Y11 Cooking & Nutrition

<p>Module Title: NEA1, NEA2</p>	<p>Module Title: NEA2 and Theory</p>	<p>Module Title:</p>
<p>Learning Intent for this module: Completion of NEA1 task, start NEA2</p>	<p>Learning Intent for this module: Completion of NEA2 task, Food provenance theory</p>	<p>Learning Intent for this Module: Revision/exam preparation</p>
<p>Key Content to be learned:</p> <ul style="list-style-type: none"> • Application of food science knowledge to complete NEA1 coursework task 	<p>Key content to be learned:</p> <ul style="list-style-type: none"> • Application of practical skills and nutritional knowledge to complete NEA2 coursework task 	<p>Key Content to be learned:</p> <ul style="list-style-type: none"> • Caught, grown and reared food • Waste food and food packaging • Food miles and global food production • Food production and fortification
<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • MOCK 1 • NEA1 Section 1 • NEA1 section 2 • NEA1 Section 3 	<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • MOCK 2 • NEA1 Complete • NEA2 Section 1 • NEA2 Section 2 	<p>Key tasks for this module:</p> <ul style="list-style-type: none"> • NEA2 Final Practical • NEA2 completed • Food Processing research task • Practice nutritional analysis task