

# KS4 Food Curriculum map

## YR10 – YR11

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<p><b>KS4 - Yrs10 &amp; 11</b></p> <p><b>Learning Outcomes</b></p> <p>Be able to plan a nutritious, home cooked meal using basic ingredients</p> <p>Be able to prepare, cook and present a nutritious, home cooked meal using basic ingredients</p> <p>Understand how to cook economically at home</p> <p>Be able to pass on information about cooking meals at home from scratch</p> <p><b>Assessment Criteria</b></p> <p>1.1 - plan a nutritious two-course meal</p> <p>2.1 - select and prepare ingredients for recipes for a nutritious, two course meal</p> <p>2.2 - use cooking skills when following the recipes</p> <p>2.3 - demonstrate food safety and hygiene throughout the preparation and cooking process</p> <p>2.4 - apply presentation skills when serving the meal</p> <p>3.1 - explain ways to economise when cooking at home</p> <p>4.1 - identify ways information about cooking meals at home from scratch has been passed on to others.</p> <p><b>Subject Content: Skills</b></p> <p><b>Preparation Skills</b> e.g. chopping, mashing, grating</p> <p><b>Cooking Skills</b> e.g. roasting, frying, baking</p> <p><b>Food safety and hygiene:</b> food storage eg raw meat on the bottom shelf of the fridge; food labelling eg follow storage instructions, use by dates; food preparation eg wash and dry hands before handling food, keep surfaces clean, keep raw fish and meat away from other food, cover cuts; ensuring meat is properly cooked; storing leftover food eg cooling quickly, refrigerating or freezing; using knives safely.</p> <p>Knife Safety</p> <p>Knowledge, understanding and confidence to cook meals at home.</p> <p>To be able to use cooking skills to make home-cooked food that does not use pre prepared food.</p> <p>To understand the benefits of learning home cooking.</p> <p>To understand how to pass on recipes learnt to others and the value of passing on information about home cooking.</p> <p><b>Cooking economically:</b> meal planning, buy food in season; plan ahead; buy in larger quantities to cook and freeze eg mince for Bolognese sauce; use leftovers eg potato salad, chicken sandwich; ask advice when shopping eg from butcher about alternative cuts of meat</p> <p><b>Meal presentation:</b> portion size; colour; temperature of food; relaxed atmosphere; table setting</p>	<p><b>Assessment Criteria</b></p> <p>2.1</p> <p>2.2</p> <p>2.3</p> <p>2.4</p> <p>4.1</p> <p><b>Overview</b></p> <p><b>Topic: Kitchen skills</b></p> <p>Basic Cooking skills</p> <p>Basic Food Hygiene</p> <p>Basic Kitchen Safety</p> <p>Eat Well Guide – Healthy lunch boxes.</p> <p>Portfolio and Website building skills.</p> <p>Dietary needs/Requirements</p> <p><b>Practical Lessons</b></p> <ul style="list-style-type: none"> <li>• Chicken Tortilla</li> <li>• Quiche</li> <li>• Vegetable pasties</li> <li>• Salsa</li> <li>• Coleslaw</li> </ul> <p><b>Theory Lessons</b></p> <p>Recap on Kitchen Safety &amp; Hygiene building on prior knowledge from previous course (Level 1)</p> <p>Rules of the kitchen/Food tech room</p> <p>Understanding allergies and Dietary needs/requirements down to religion, medical or personal choice.</p> <p>Portfolio/website building.</p>	<p><b>Assessment Criteria</b></p> <p>2.1</p> <p>2.2</p> <p>2.3</p> <p>2.4</p> <p>3.1</p> <p>4.1</p> <p><b>Overview</b></p> <p><b>Topic: Food miles, growing your own &amp; Seasonality</b></p> <p>What foods are best at different times of the year</p> <p>Food provenance – where does your food come from?</p> <p>Buying local and what the benefits of this are on costs and personal choice.</p> <p>Promoting a buy local scheme</p> <p><b>Practical Lessons</b></p> <ul style="list-style-type: none"> <li>• Vegetable chilli</li> <li>• One pan breakfast</li> <li>• Kedgeree</li> <li>• Swiss roll – Yule log</li> <li>• Pigs in Blankets.</li> </ul> <p><b>Theory Lessons</b></p> <p>Seasonal cooking</p> <p>Farm to fork</p> <p><i>Visit to Borough Market to buy ingredients and discuss food miles .</i></p> <p>Price comparison with supermarkets and which is better value.</p> <p>Portfolio/website building.</p>	<p><b>Assessment Criteria</b></p> <p>2.1</p> <p>2.2</p> <p>2.3</p> <p>2.4</p> <p>3.1</p> <p>4.1</p> <p><b>Overview</b></p> <p><b>Topic: Home Made or Take Away</b></p> <p>Comparison of take away and home cooked foods inc. ready meals.</p> <p>Looking at different ingredients and salt/sugar content.</p> <p>Which is cheaper?</p> <p>Use of Cooker; grill &amp; oven.</p> <p><b>Practical Lessons</b></p> <ul style="list-style-type: none"> <li>• Curry</li> <li>• Grilled bananas on toast</li> <li>• Croque-Monsieur</li> <li>• BBQ Chicken kebabs</li> </ul> <p><b>Theory Lessons</b></p> <p>Looking at balanced meals/diets and how to plan healthy and cost effective meals using a budget.</p> <p>Comparison of using Take aways looking at cost, health and time.</p> <p>Portfolio/website building.</p>	<p><b>Assessment Criteria</b></p> <p>2.1</p> <p>2.2</p> <p>2.3</p> <p>2.4</p> <p>3.1</p> <p>4.1</p> <p><b>Overview</b></p> <p><b>Topic: Presentation of cookery.</b></p> <p>Different recipes to promote different cookery skills and presentation of finished dishes.</p> <p>Looking at food advertisement and how food is presented and photographed.</p> <p><b>Practical Lessons</b></p> <ul style="list-style-type: none"> <li>• Cauliflower cheese</li> <li>• Mashed potato</li> <li>• Vegan Burgers</li> <li>• Chicken burgers</li> <li>• Hunter’s chicken with veg and wedges.</li> </ul> <p><b>Theory Lessons</b></p> <p>Photography;</p> <p>Looking at the food industry and how things are advertised. E.g. McDonalds burger reality vs advertisement.</p> <p>Cooking complete meal to practice for final dish.</p> <p>Portfolio/website building.</p>	<p><b>Assessment Criteria</b></p> <p>2.1</p> <p>2.2</p> <p>2.3</p> <p>2.4</p> <p>3.1</p> <p>4.1</p> <p><b>Overview</b></p> <p><b>Topic: Cooking techniques</b></p> <ul style="list-style-type: none"> <li>- Home-made pasta (lasagne or ravioli)</li> <li>- Deboning chicken thighs.</li> <li>- Separating eggs</li> </ul> <p>Raising agents</p> <p><b>Practical Lessons</b></p> <ul style="list-style-type: none"> <li>• Meringue</li> <li>• Jerk Chicken</li> <li>• Lasagne or Ravioli</li> <li>• Sponge cakes</li> <li>• Scones.</li> </ul> <p><b>Theory Lessons</b></p> <p>Overview of skills used</p> <p>Pupils to write an easy how-to guide for a less experienced person who is new to cookery.</p> <p>Portfolio/website building.</p>	<p><b>Assessment Criteria</b></p> <p>2.1</p> <p>2.2</p> <p>2.3</p> <p>2.4</p> <p>3.1</p> <p>4.1</p> <p><b>Overview</b></p> <p><b>Topic: Final dish preparations.</b></p> <p>Time management</p> <p>Time planning</p> <p>Food presentation</p> <p>Importance of telling others about home cooking</p> <p>Information sharing.</p> <p><b>Practical Lessons</b></p> <p>Practicals this term will be decided by students.</p> <p>They will use them to practice for their final dish incorporating all aspects they have learned over the course.</p> <p>Nutrition, presentation, skills, cooking methods etc.</p> <p><b>Theory Lesson</b></p> <p>Chn to plan and prepare for their final dish that they will be making for their portfolio.</p> <p>Looking at time management, producing a time plan and how this will be followed on the day of final dish cooking.</p> <p>Date of final dish: TBC</p> <p>Portfolio/website building.</p>