

Curriculum map																			
Year 10																			
Month	Week Number	AQA Chapter	Topic (new declarative knowledge)	Prior knowledge needed (revisiting declarative knowledge)	Subject specific terminologies	Skills to be developed (new procedural knowledge) Add cross curricular links	Theory Lesson 1	Theory Lesson 2	Prior skills needed (revisiting procedural knowledge)	Lesson 3 - practical & Technical skills	Prior skills needed (revisiting procedural knowledge) AQA Technical skills list	Cultural capital opportunities (including social/moral/spiritual/cultural/physical)	Materials	Assessment	Homework				
September		Chpt. 5 & 6	To review the importance of food safety and hygiene. How is food bought, stored, prepared, cooked and served safely? (page 201 AQA book).	Revisiting food safety and hygiene knowledge from KS 3 FPN lessons.	Shelf- life, best before date, use by date, high-risk foods, ambient, tainted, perishable, freezer burn, palatability, personal hygiene, core temperature, microbes, dormant, defrost, contamination, germinate.	Recognising the effects of poor personal & food hygiene such as food poisoning, identifying the sources of contamination and prevention.	Inset days, and year 7 & 12 start.		Application of food safety and hygiene considerations as well as principles of food of food safety when buying, storing, preparing, cooking & serving food.	L1. Intro to year 10, organisation and food safety - 1 (review of sources & effects of pathogenic micro-organisms).	Personal awareness of the impacts and prevention of food safety.	Access to FPN CGP workbooks, FPN text books, FPN digital books, key terminology booklets, purchase of ingredients, and a range of resources available to ALL students.							
	2							L4. Food safety - 4 (Review of the principles of food safety).											
	3							L6. Food safety - 5 (End of topic test 1).											
			Chpt. 1 & 4	To review the sources & effects of nutrients and the importance of following a healthy diet.	Revisiting & building on nutrition knowledge acquired in KS 3.	The Eatwell guide, Essential amino acids, Biological value, Protein complementation, Dense energy, Fatty acids, Triglyceride, Monounsaturated., Saturated & Unsaturated fat, Visible fats, Invisible fats, Photosynthesis, Monosaccharides, Disaccharides, Polysaccharides, Fat soluble, Water soluble, Antioxidant, Osteoporosis, etc.	Establishing the importance of nutrition by following a healthy diet as described in the soluble, Water soluble, Antioxidant, Osteoporosis, etc.	L7. Food, nutrition & health - 1 (Review of the governments dietary guidelines).	L8. Food, nutrition & health - 2 (Intro & effects of macronutrients - protein 1).	Application of knowledge on the functions, sources and effects of the five nutrients and two non-nutrients from KS 3 FPN lessons.	L9. Food, nutrition & health - 2 (Intro & effects of macronutrients - protein 2).	Awareness of healthy eating lifestyles.	Exposure to a range of pastry products via sensory analysis of pastries and practical cooking lessons. Awareness of the life-long health impacts of following unhealthy lifestyles & eating habits, as well as the benefits of having a balanced diet. This equips students with the 'know how' knowledge of how to incorporate healthy eating habits into various diets & cuisines. Students are also equipped with technical skills and the confidence to assist with preparing simple / healthy meals at home.						
October	5		L10. Food, nutrition & health - 3 (effects of macronutrients - carbohydrates).					FPT 1 - Sensory analysis of pastries.											
	6		L11. Food, nutrition & health - 5 (effects of macronutrients - Fibre).					L12. Food, nutrition & health - 6 (effects of macronutrients - Water).	FPT 2 (bread unit) - 3, 5 or 8 Finish fruit plait loaf.										
	7		L13. Food, nutrition & health - End of topic test 2 (Macronutrients, water & fibre).					FPT 3 (bread unit) - Calzone.											
	8		L14. Food, nutrition & health - (Intro & effects of micronutrients - Vitamins C).	L15. Food, nutrition & health - (effects of micronutrients - B group vitamins - 1).	FPT 4 (bread unit) - Pretzels.														
Half term.																			
November	1						L16. Food, nutrition & health - (effects of micronutrients - B group vitamins - 2).			L17. Food, nutrition & health - (effects of micronutrients - vitamin A & fortification).	Awareness of healthy eating lifestyles.								
	2						L18. Food, nutrition & health - (effects of micronutrients - vitamin D).			L19. Food, nutrition & health - (effects of micronutrients - vitamin E & K).							FPT 5 (savoury skills unit) - Potato & Vegetable frittata.		
	3	SAME AS ABOVE					L20. Food, nutrition & health - (effects of micronutrients - ACE group vitamins).			SAME AS ABOVE							FPT 6 (savoury skills unit) - Asian chicken stir-fry.	Application and development of technical skills, including the following: Skill 1: General practical skills (weighing, etc), Skill 2: knife skills, Skill 3: preparing fruits and vegetables, Skill 4: Use of the cooker, Skill 5: Use of equipment, Skill 6: Cooking methods, Skill 7: prepare, combine and shape, Skill 10: making dough, Skill 11: using a raising agents, and Skill 12: setting mixtures (protein coagulation).	In addition to building confidence and skills in cooking a variety of dishes (giving families variety in their meal planning), students can also make positive contribution towards family meal plans by modifying dishes suitable for different age groups as well as for different dietary needs.
	4	Chpt. 2					L21. Food, nutrition & health - (Planning meals for all the different age groups).										L22. Autumn term test revision.		
December	5		To acquire knowledge on how to provide the right diet for different groups of people at different life stages.	Building on special diets knowledge acquired in year 8.	Diet, Lacto-vegetarian, portion size, life stages, kilocalorie, kilojoule, energy dense, BMR, PAL, Energy balance, BMI, Modify, nutrient profile, alternatives, intolerances, metabolic rate, etc.	Recognising specific nutrients needed for different age groups and dietary groups, as well as being able to plan and / or amend recipes to suit different groups of people, whilst considering their energy needs & balance, as well as using a nutritional profile to modify recipes suitable for different age / diet groups of people.	L23. Autumn term test.	Application of energy needs / requirements knowledge acquired in KS 3 (under digestion & energy lesson in year 7, special diets lesson in year 8 and energy needs lesson in year 9).		FPT 9 (savoury skills unit) - Stuffed chicken.									
	6						L24. Food, nutrition & health - (Planning meals for different dietary needs).			L25. Food, nutrition & health - (Energy needs lesson).									
	7						L26. Food, nutrition & health - (Nutritional analysis lesson).												
Christmas break.																			
January	1		To establish the relationship between diet, nutrition and health, to recognise the importance of having the right quantity of nutrients in the diet, as well as identifying the effects (excess and deficiency) of specific nutrients such as cardiovascular diseases, skeletal diseases, etc.	Building on nutrients knowledge acquired throughout KS 3, specifically in year 8 SOW under micronutrients and macronutrients.	Risk factor, malnutrition, diet-related diseases, deficiency, scurvy, anaemia, CVD, CHD, plaques, cholesterol., rickets, hypertension, sedentary, adipose fat, microscopic bacteria, erode, peak bone mass, insulin, diabetes, etc.	New knowledge would include risk factors for various diet related diseases such as obesity, CHD / CVD, skeletal disease, iron deficiency anaemia & type 2 diabetes. This links with biology topics within science.		L27. Autumn test review & redraft.	Application of nutrients knowledge (functions, effects & RDI) acquired from KS 3 and in the first half of the year 10 Autumn term.	L28. Food, nutrition & health (Diet related disease - Obesity).	Application and development of technical skills, working independently to demonstrate technical skills including the following: Skill 1: General practical skills (weighing, etc), Skill 2: knife skills, Skill 3: preparing	Exposure to restaurants style dishes and opportunities to broaden a range of technical cooking skills. Students would also gain knowledge / skills in spotting & advising on symptoms of possible diet related diseases affecting family and friends. Opportunity to learn, appreciate and share various reasons for food choice. This will also better prepare students for all home life situations by equipping them							
	2							L29. Food, nutrition & health - (Diet related disease - CVD & CHD).		FPT 11 - (Technical skills unit) - Sushi. (Complex skill)									
	3							L30. Food, nutrition & health - (Diet related disease - Skeletal disease).		L31. Food, nutrition & health - (Diet related disease - Iron deficiency anaemia).						FPT 12 - (Technical skills unit) - Fish cake with our sauce. (medium skill)			
	4							L32. Food, nutrition & health - (Diet related disease - Type 2 diabetes).		FPT 13 - (Technical skills unit) - Jointing, Portioning, filleting, deboning & deskinning a whole chicken. (Complex skill)									
February	5	Chpt. 7			Lifestyle, seasonality, food	Establishing knowledge	L33. Food, nutrition & health - End of topic test 3 (Chapter 2 - nutritional needs and health).	L34. Food choice - (Intro & factors affecting food choice - PAL & healthy eating - 1).		FPT 14 - (Technical skills unit) - Chicken Kiev. (Complex skill)									

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Month																
	6		To learn and appreciate the various factors that affects a persons food choice including religious, ethical, moral, medical, and other factors.	Prior knowledge of food choice based on own experience, religious beliefs, healthy eating knowledge, seasonality, food labelling, and food choice based lessons from KS 3.	miles, PAL (physical activity level), affordability, disposable income, food intolerance, food allergen / allergy, genetic modification, fairtrade, villi, target group, nutritional profile, marketing, mandatory, traffic light labelling, and ethical beliefs).	of a wide range of factors that influence and affect food choice, and acquiring the skills in identifying and planning suitable meals for different groups of people. Links to RE lessons (religious, moral, ethical & other beliefs).	L35. Food choice - (factors affecting food choice - Income & cost of food, etc - 2).		Application of food choice knowledge based on own experience / religious beliefs, as well as knowledge acquired in KS 3.	FPT 15 - (Technical skills unit) - Chicken caesar salad with own salad dressing (Complex skill)	fruits and vegetables, Skill 4: Use of the cooker, Skill 5: Use of equipment, Skill 6: Cooking methods, Skill 7: prepare, combine and shape, Skill 10: making dough, Skill 8: sauce making, and Skill 9: tenderise & marinate to make a range of cuisine dishes.	with knowledge & skills to share with parents & careers (from healthy eating choices to budgeting, costing, etc.). Discussion and identifying the benefits of using seasonal produce, implications of farming methods and ethical reasons for food choice.				
Half term.																
March	1						L36. Food choice - (factors affecting food choice - Religion).	L37. Food choice - (factors affecting food choice - Allergen & intolerance).		L38. Food choice - (factors affecting food choice - Ethical).						
	2						FPT 16 - (Technical skills unit) - Fruit lattice pie - pastry & filling (Complex skill)			FPT 16 - (Technical skills unit) - Fruit lattice pie - lattice, blind baking & baking (Complex skill)						
	3						L39. Food choice - (factors affecting food choice - Food labelling).	L40. Food choice - (factors affecting food choice - Marketing influences).		L41. Spring term test revision.						
	4		SAME AS ABOVE	SAME AS ABOVE	SAME AS ABOVE	SAME AS ABOVE	L42. Spring term test.		SAME AS ABOVE	FPT 17 - (Technical skills unit) - Sweet & sour chicken (Medium skill)		SAME AS ABOVE				
	5	Cht. 8	To acquire knowledge and appreciation of British and other international cuisines, their distinct features, and how food provenance affects the choice of various cuisine dishes.	Prior knowledge of cuisines based on own cultural / ethnic experience and interactions with other ethnicities.	Cuisine, traditional, distinctive features / characteristics, traditional eating patterns, food presentation styles, cuisine, distinctive features, Elevenases, Brunch, food provenance (traditionally grown, reared and caught food), paella, Cazuela, tandoor and thali.	To recognise and acquire the ability to differentiate the distinctive features that make up the dishes of different cuisines.	L43. Food choice - (British & international cuisines).		Application of personal experiences and cultures, as well as knowledge acquired in KS 3 - year 9 mini NEA 2 lessons.	FPT 18 - (Technical skills unit) - Apple turn over - pastry & filling (Complex skill)	SAME AS ABOVE	Opportunity to develop a better understanding of British culture, as well as to learn and appreciate other cultures, cuisines, religions and ethical beliefs.				
	6	Cht. 3	SAME AS BELOW	SAME AS BELOW	SAME AS BELOW	SAME AS BELOW	L44. Food Science - (Why food is cooked & heat transfer).		SAME AS BELOW	L45. Food Science - (Effects of cooking methods - Water).	SAME AS BELOW	SAME AS BELOW				
Easter break.																
April	1							L46. Spring test review & redraft.		L47. Food Science - (Effects of cooking methods - Fats).						
May	2		To acquire knowledge and experiment with various food science topics including, heat transfer methods, cooking methods, functional and chemical properties of ingredients such as proteins, fats, carbohydrates, and raising agents.	Revisiting investigation skills from KS 3 investigations, as well as experience from science experiments and knowledge of heat transfer methods, and the formation & chemical properties of protein, fats and carbohydrates.	denaturation, coagulation, gluten formation (gliadin & glutenin), plasticity, elastic, coiled, foam, syneresis, gelatinisation, starch granules, dextrinisation / dextrin, caramelisation, plasticity, shortening, aeration, emulsification, chemical structure, triglycerides, fatty acids, melting point, emulsifier, lecithin, raising agents, chemical / biological & mechanical raising agents, and fermentation.	To recognise the effects of the application of heat, acids and mechanical agitation on foods, whilst acquiring knowledge on the functional and chemical properties of food when cooking.	L48. Food Science - (Effects of cooking methods - Dry heat etc).	L49. Food Science - (Functional & chemical properties of food - Proteins 1).	Application of prior investigation knowledge and skills from previous Food investigation lessons in KS 3 as well as experiments in Science lessons.	FPT 19 - Food science experiment 1 - Denaturation and coagulation (with eggs).	Application and development of technical skills, including the following: Skill 1: General practical skills (weighing, etc), Skill 2: knife skills, Skill 3: preparing fruits and vegetables, Skill 4: Use of the cooker, Skill 5: Use of equipment, Skill 6: Cooking methods, Skill 7: prepare, combine and shape, Skill 10: making dough, Skill 11: using a raising agents, and Skill 12: setting mixtures (gelation & protein coagulation).	Awareness of the effects the application of heat has on the nutritional and sensory values of food. Students will identify and possibly adapt the most efficient ways to cook more healthy & nutritious meals whilst saving energy, and possibly share this with family & friends.				
	3	Cht. 4					L49. Food Science - (Functional & chemical properties of food - Proteins 1).	L50. Food Science - (Functional & chemical properties of food - Proteins 2).		FPT 20 - Food science experiment 2 - Effects of marinades on protein (Chicken wings, etc).						
	4						L51. Food Science - (Functional & chemical properties of food - Carbohydrates 1).	L52. Food Science - (Functional & chemical properties of food - Carbohydrates 2).		FPT 21 - Food science link - Effects of proteins & carbohydrates (Cheesecake).			Opportunity to learn about the functional and chemical properties of different foods via in class science experiments in preparation for the GCSE NEA 1 exam in year 11, whilst consolidating knowledge from science lessons.			
	5							L53. Food Science - (Functional & chemical properties of food - Fats 1).		FPT 22 - Food science link- Effects of fats & oils (Salad dressing, butter & mayonnaise).						
Half term																
June	1		SAME AS ABOVE	SAME AS ABOVE	SAME AS ABOVE	SAME AS ABOVE	L54. Food Science - (Functional & chemical properties of food - Fats 2).		SAME AS ABOVE	L55. Food Science - (Functional & chemical properties of food - Raising agents).		SAME AS ABOVE				
	2	Cht. 12					L56. NEA 1 practice - (Intro, task analysis & research).	L57. Summer term test / Mock revision.		FPT 23 - Food science link- Effects of fats & raising agents (Chocolate roulade).			An opportunity for all students to explore how to successfully conduct an NEA 1 task via class / group discussion on research questions, and access to support materials (access to a computer, access to NEA 1 guide booklet and AQA NEA 1 exemplar books). As well as independently as an opportunity to apply knowledge acquired on the functional and chemical properties of foods via in class science experiments in preparation for the GCSE NEA 1 exam in year 11.			
	3		To recognise the requirements and process required to successfully complete a GCSE NEA 1 task via conducting a mini NEA 1 practice task.	Prior knowledge from KS 3 food science investigation and experiments, and food science knowledge acquired in term 5, as well as from science lessons.	Task analysis, primary research, secondary research, knowledge, hypothesis, prediction, investigation, experiments, viscosity chart, interpretation of data, analysis & evaluation.	Practicals - NEA 1 investigation skills based on suitable yeast for making baked products.	L58. Summer term test / Mock.		Application of prior knowledge and skills in working independently to demonstrate technical skills making medium to complex level dishes.	FPT 24 - Technical skill unit - Making fresh pasta.						
	4						L59. NEA 1 practice - (Hypothesis & investigation plan).	L60. NEA 1 practice - (Investigation & Analysis).		FPT 25 - Technical skill unit - Ravioli dish.	SAME AS ABOVE					
July	5															
	6		SAME AS ABOVE	SAME AS ABOVE	SAME AS ABOVE	SAME AS ABOVE	L61 - Summer Mock review & redraft.		SAME AS ABOVE	L61. NEA 1 practice - (Final analysis, summary & conclusion).	SAME AS ABOVE	SAME AS ABOVE				
	7															
Activities week																
Summer holidays																