



Food Preparation and Nutrition Course Calendar and Information

The City of Leicester College

Y7 Food (Course Calendar)

Assessment Objectives	Practical Skills – knife skills, fruit & veg prep, weighing & measuring, using the oven & hob, washing up, rubbing-in method, pastry rolling & shaping, boiling, baking, skewering	Food Safety Hygiene & safety rules Cross-contamination Food storage & temperatures	Health, Diet & Nutrition The new Eatwell guide Nutrients & functions Fruit & veg tasting Energy balance What is Pasta?	Designing Pasta salad design Balanced ingredients with knowledge of nutrients Planning a method with timings, quality & safety
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AUTUMN 1.1	AUTUMN 1.2	SPRING 2.1	SPRING 2.2	SUMMER 3.1	SUMMER 3.2
27.8.18 Teacher Days	Week2 5 -	7.1.19 Teacher Day Breads from around the world	25.2.19 Introduction – folders, recipe book, Safety Licence	29.4.19 Food Choice	17.6.19 Breads from around the world
3.9.18 Introduction – folders, recipe book, Health & Safety Licence	29.10.18 Food Choice	14.1.19 Focaccia Bread on exam	4.3.19 Mexican Quesadilla	6.5.19 Bank Holiday Pizza Swirls	24.6.19 Assessment 5 Curry Assessment
10.9.18 Mexican Quesadillas	5.11.18 Pizza Pastry Swirls	21.1.19 Cooking methods experiment	11.3.19 Assessment 1 Multiple Choice baseline test	13.5.19 Assessment 3 Long Mark question on special diets	1.7.19 Assessment 5 Pasta Assessment Practical
17.9.18 Assessment 1 Multiple Choice baseline test	19.11.18 <u>Assessment 3</u> <u>Long mark question on special diets</u>	28.1.19 Assessment 5 Curry Assessment	18.3.19 Minestrone Soup	20.5.19 Upside down pudding	8.7.19 ICT task or Cookies
24.9.18 Minestrone Soup	26.11.18 Upside down pudding	4.2.19 ICT task - packaging	25.3.19 Cultural Ingredients	HALF TERM	
1.10.18 Cultural Ingredients Research	3.12.18 Why we cook & cooking methods	11.2.19 Cookies	1.4.19 <u>Assessment 2</u> Pasta Pomodoro	3.6.19 Why we cook & cooking methods	
8.10.18 <u>Assessment 2</u> Pasta Pomodoro	10.12.18 <u>Assessment 4</u> Chinese stir fry	Feb Half term	8.4.19 Special Diets	10.6.19 Assessment 4 Chinese Stir fry	
15.10.18 Progress week Special Diets	17.12.18 Christmas Activity	Food Group Changeover	Easter		
October Half term	Christmas				

Y8 Food (Course Calendar)

Assessment Objectives	Practical Skills – knife skills, fruit & veg prep, weighing & measuring, using the oven & hob, washing up, rubbing-in method, pastry rolling & shaping, boiling, baking, skewering	Food Safety Hygiene & safety rules Cross-contamination Food storage & temperatures	Health, Diet & Nutrition The new Eatwell guide Nutrients & functions Fruit & veg tasting Energy balance What is Pasta?	Designing Pasta salad design Balanced ingredients with knowledge of nutrients Planning a method with timings, quality & safety
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AUTUMN 1.1	AUTUMN 1.2	SPRING 2.1	SPRING 2.2	SUMMER 3.1	SUMMER 3.2
27.8.18 Teacher Days	Week 2 5 -	7.1.19 Teacher Day What is Pasta?	25.2.19 Introduction – folders, recipe book, Safety Licence	29.4.19 Macro & Micro Nutrients	17.6.19 What is Pasta?
3.9.18 Introduction – folders, recipe book, Health & Safety Licence	29.10.18 Macro & Micro Nutrients	14.1.19 Muffins on exam	4.3.19 Fruit Salad Practical	6.5.19 Bank Holiday Fruit Crumble	24.6.19 Assessment 4 Pasta design & Method complete exam
10.9.18 Fruit Salad Practical	5.11.18 Fruit Crumble	21.1.19 Assessment 4 Designing a pasta salad & method	11.3.19 Cooker safety & Weights & Measures	13.5.19 Assessment 2 Long Mark Eatwell Question	1.7.19 Assessment 5 Pasta Assessment Practical
17.9.18 Cooker safety & Weights & Measures	19.11.18 <u>Assessment 2</u> <u>Long mark question on The Eatwell Guide</u>	28.1.19 <u>Assessment 5</u> Pasta Salad Assessment	18.3.19 Assessment 1 French Bread pizza	20.5.19 Cheese Scones	8.7.19 Muffins
24.9.18 Where food comes from	26.11.18 Cheese Scones	4.2.19 Sensory Testingk	25.3.19 Where food comes from	HALF TERM	
1.10.18 <u>Assessment 1</u> French Bread Pizza	3.12.18 Energy Balance	11.2.19 Quiz	1.4.19 Eatwell Guide	3.6.19 Energy Balance	
8.10.18 The Eatwell guide	10.12.18 <u>Assessment 3</u> Pastry Galette	Feb Half term	8.4.19 Scrumptious Skewers	10.6.19 Assessment 3 Pastry Galette	
15.10.18 Progress week Scrumptious Skewers	17.12.18 Christmas Activity	Food Group Changeover	Easter		
October Half term	Christmas				

KS3 Food Preparation & Nutrition

The aim of Year 7 Food preparation and nutrition

To introduce students to healthy eating, nutrition, basic preparation skills & cooking methods through a range of practical and theory lessons. All students in Year 7 will have half a year in Food Technology (1 lesson a week). Students will build up their practical skills through fortnightly cooking lessons with the theory lessons enabling them to increase their knowledge of food and design their own healthy balanced products. Most products are savoury well balanced dishes. Both theory and practical work will be marked on a regular basis and the combination of those marks will be used to judge progress.

Assessment

Students will be assessed on their practical skills, their generation and development of ideas and analysis and evaluation of ideas. Literacy is also very important & students will develop the ability to communicate ideas visually and verbally.

Students will be given targets to help them make progress and build upon their skills.

Homework

Students are responsible for buying and preparing ingredients for practical lessons. They are also given a pick n mix homework sheet where they select homework tasks to do over the 20 week course. These range from practical cooking at home to research tasks.

Parental support

Students are expected to bring their own ingredients for practical lessons and to enable this to happen they will need the help of their parents. All students will be given a recipe book to bring home and keep in a safe place. All recipes are adaptable to meet individual dietary needs. Parents can help their child by ensuring they discuss recipes and that their child has the ingredients they need for each lesson. Parents can also help by encouraging their child to cook at home, therefore practicing preparation and cooking skills.

