

Subject: Food Technology**Year group: 7**

Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5
Food Safety	Eatwell Guide	The importance of breakfast	Personal diet reflection	Food Seasonality
Assessment	Assessment	Assessment	Assessment	Assessment
Homework 1 – submission on SMHW Practical assessment (CW) Evaluation assessment (CW)	Homework 1 – submission on SMHW Practical assessment (CW) Evaluation assessment (CW)	Homework 1 – submission on SMHW Practical assessment (CW) Evaluation assessment (CW)	Homework 1 – submission on SMHW Practical assessment (CW) Evaluation assessment (CW)	Homework 1 – submission on SMHW Practical assessment (CW) Evaluation assessment (CW)

Skills developed per rotation:

- How to work in a kitchen safely
- Knife skills
- Weighing and measuring ingredients
- Using a cooker
- Stir frying
- Baking

Subject: Food Technology**Year group: 8**

Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5
Food Safety – practice and retrieval	Food sustainability	Recipe adaptation	Food labelling	The catering Industry
Assessment	Assessment	Assessment	Assessment	Assessment
Homework 1 – submission on SMHW Practical assessment (CW) Written assessment (CW)	Homework 1 – submission on SMHW Practical assessment (CW) Written assessment (CW)	Homework 1 – submission on SMHW Practical assessment (CW) Written assessment (CW)	Homework 1 – submission on SMHW Practical assessment (CW) Written assessment (CW)	Homework 1 – submission on SMHW Practical assessment (CW) Written assessment (CW)

Skills developed per rotation:

- How to handle meat safely
- Food storage
- Importance of using a food thermometer
- Different cooking methods
- How to make a recipe healthier
- Marinating
- Dough making

Subject: Food Technology**Year group: 9****GCSE title:** OCR GCSE Food Preparation and Nutrition**Exam Board:** OCRFood preparation and Nutrition (01) written paper 50% of final grade, 100 marks 1 hour 20 minutesFood investigation task (02 or 03) NEA 45 marks 15% of final gradeFood preparation task (04 or 05) NEA 105 marks 35% of final grade

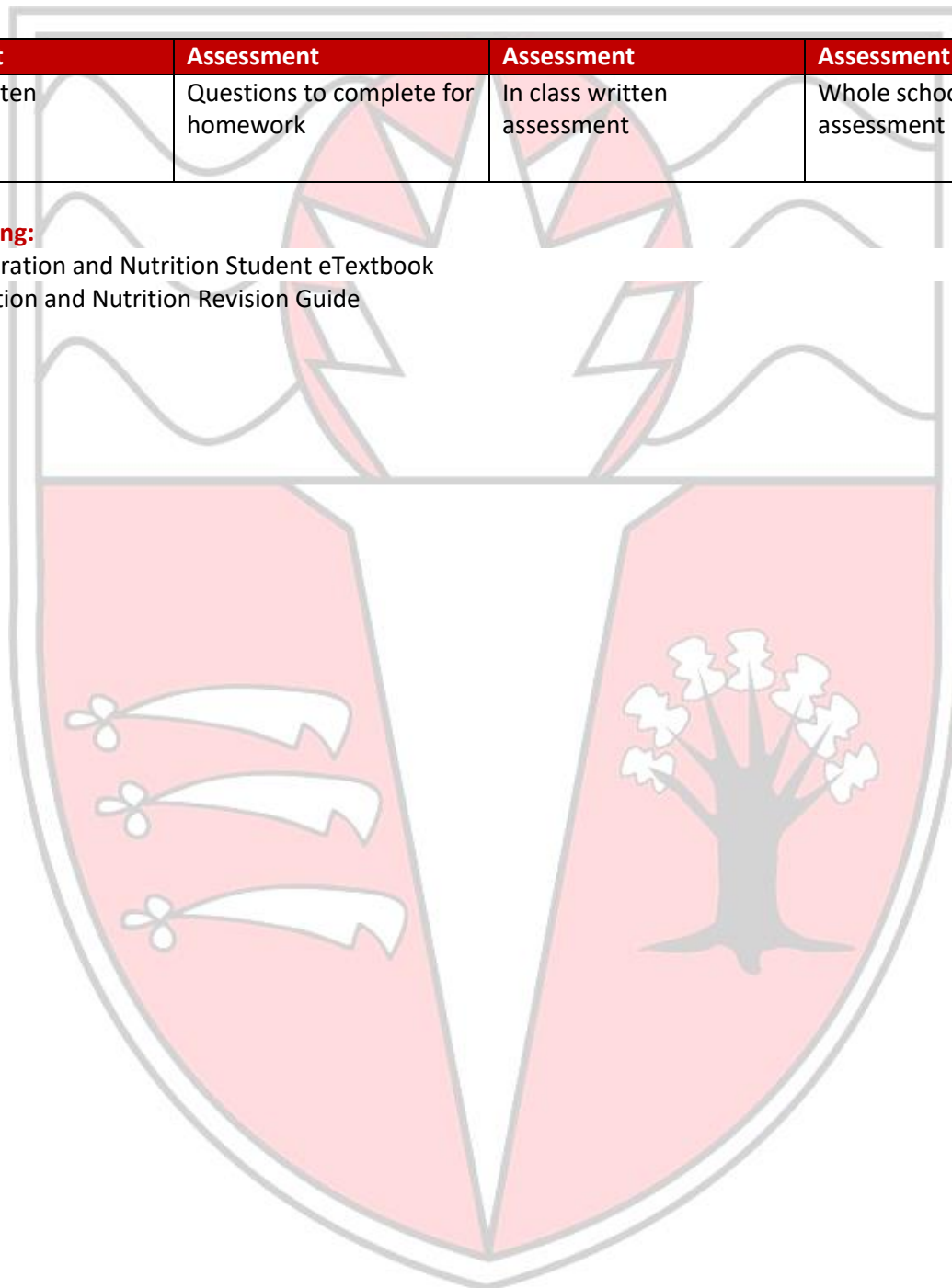
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
How to prepare yourself and the environment before cooking	Causes and prevention of obesity	Vegan and Vegetarian What is the difference between vegans and vegetarians?	Food labelling What are the legal requirements?	Food provenance	Introduction to OCR Food preparation and Nutrition The relationship between diet and health
Food safety	Causes and prevention of cardiovascular disease	What are religious dietary needs?	Food sustainability Food waste Food miles Carbon footprint	World foods project – Research chefs and skills from around the world	Nutritional and dietary needs of different groups of people
Healthy eating – balanced diet	Causes and prevention of diabetes	Food recipe adaptations How to adapt a recipe to make it healthier and for dietary needs	Food sustainability Fair trade Ethical issues	World foods project – Research food dishes from around the world	Nutritional needs when selecting recipes for different groups of people
Healthy eating – exploring the Eatwell guide	Studying different food allergies	Food labelling How to read a food label		World foods project – Imply research by creating an independent dish	

Assessment	Assessment	Assessment	Assessment	Assessment	Assessment
Homework: Quiz on show my homework	In class written assessment	Questions to complete for homework	In class written assessment	Whole school internal assessment	Homework: Quiz on show my homework

Resources to support independent learning:

My Revision Notes: OCR GCSE Food Preparation and Nutrition Student eTextbook

Exam board Textbook: OCR Food Preparation and Nutrition Revision Guide



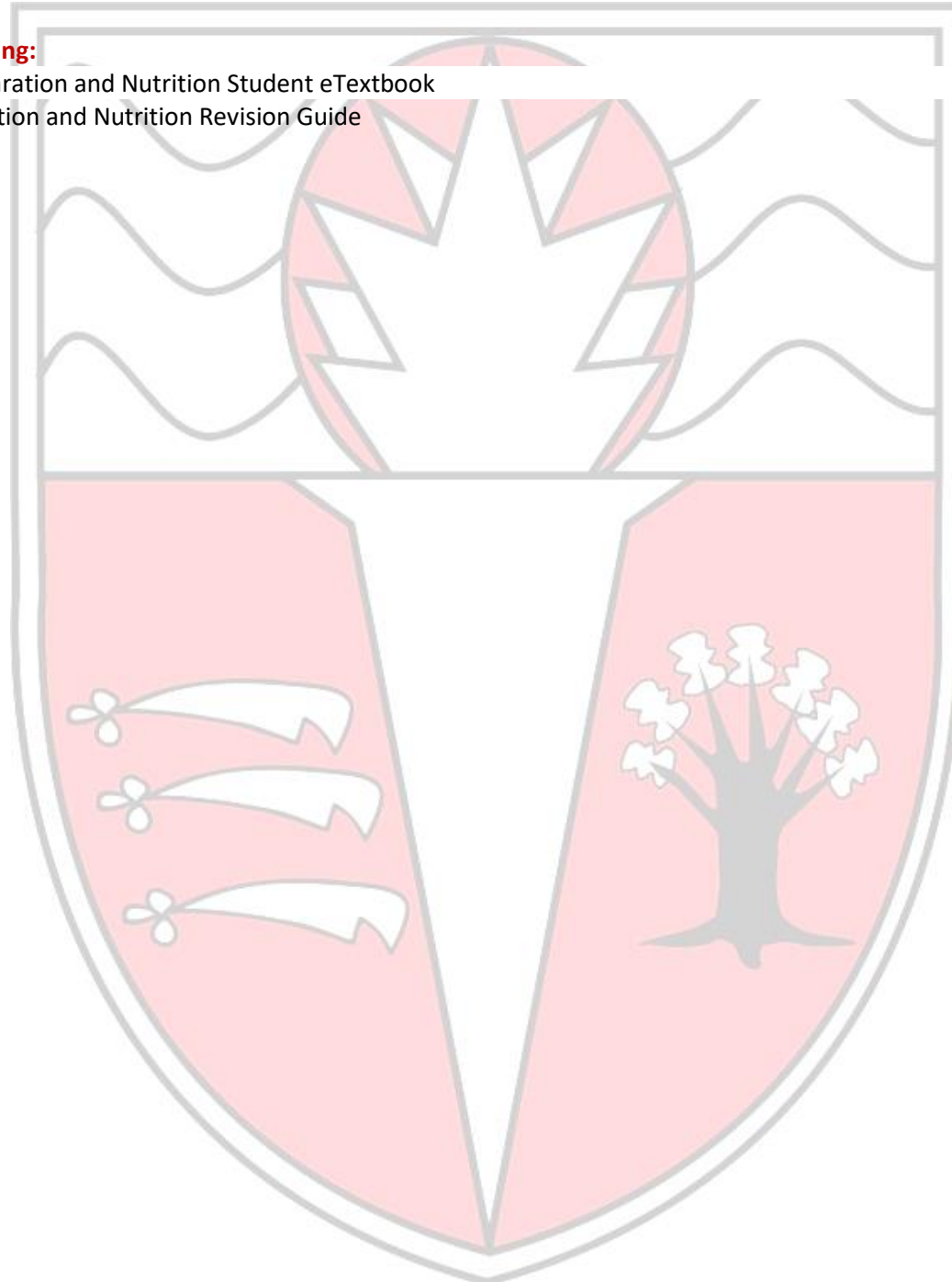
Subject: Food Technology**Year group: 10****GCSE title:** OCR GCSE Food Preparation and Nutrition**Exam Board:** OCRFood preparation and Nutrition (01) written paper 50% of final grade, 100 marks 1 hour 20 minutesFood investigation task (02 or 03) NEA 45 marks 15% of final gradeFood preparation task (04 or 05) NEA 105 marks 35% of final grade

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nutritional needs when selecting recipes for different groups of people	Fats	Vitamins and minerals	Food processing and production	Development of culinary traditions	Sensory properties
Energy balance	Carbohydrates	Water and nutrients in food	Food security	Factors influencing food choice	Food safety – further detail
Protein	Healthy eating – linked to nutrients	Food source and supply	Technological developments to support better health and food production	Food science	
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment
Homework – online questions on topics that have been covered	In class assessment	Homework – online questions on topics that have been covered	In class assessment	Homework – online questions on topics that have been covered	Whole school GCSE mock exam

Resources to support independent learning:

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Exam board Textbook: OCR Food Preparation and Nutrition Revision Guide



Subject: Food Technology

Year group: 11

GCSE title: OCR GCSE Food Preparation and Nutrition

Exam Board: OCR

Food preparation and Nutrition (01) written paper 50% of final grade, 100 marks 1 hour 20 minutes

Food investigation task (02 or 03) NEA 45 marks 15% of final grade

Food preparation task (04 or 05) NEA 105 marks 35% of final grade

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Task 1 of NEA What is the task and how am I planning to complete this? Introduction and research.	Evaluation of observations and findings	Final dish time plan	Presentation and portion control	Exam Revision	
Scientific investigation into all of the functional and chemical properties of a commodity/ ingredients for the task	Task 2 Preparation Plan: Reasons for selection choice of dishes relating to the task	Practice skills Theory input	Preparation of 3 dishes based on the theme		
Production of a comprehensive analysis with a wide range of opinions and viewpoints	Sensory/nutritional choice Costs		Analysis and evaluation: evidence of sensory testing		

	Food provenance and seasonality				
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment
Controlled assessment	Controlled assessment	Controlled assessment	Controlled assessment		

Resources to support independent learning:

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Exam board Textbook: OCR Food Preparation and Nutrition Revision Guide

