KS3 and KS4 Food Preparation and Nutrition

Curriculum Intent

At Iceni Academy, the Food Preparation and Nutrition curriculum equips students with the knowledge and practical skills needed to make informed food choices and lead healthy lifestyles. Students develop an understanding of nutrition, healthy eating, food origins, and the ethical, social and environmental factors that influence food production and consumption.

Through a carefully sequenced curriculum, students build confidence and independence in the kitchen, developing a range of practical cooking skills that are closely linked to theoretical learning. A variety of dishes and cuisines are explored to broaden horizons, encourage creativity and foster an appreciation of different cultures.

Our aim is to inspire a lifelong interest in food, enabling students to become confident, skilled and responsible consumers and cooks.

Year	Topic	Summary	Recipes	Skills and Knowledge
Year 7 1 Lesson Per Fortnight				
Year 7	Food introduction and basic food science.	This introductory topic is designed to build students' confidence and independence within the food room. Students learn essential health and safety procedures, kitchen hygiene, and the correct use of	• Fruit Fusion • Greek Pasts Salad • Fruit Scones • Breaded Chicken Strips • Sweet Potato Wedges • Vitamin Rich Flapjacks • Vegetable Stir Fry	• Health and safety in the kitchen. • Food safety • Knife skills • Healthy eating guide • Boiling • Fats and Oils • Proteins • Carbohydrates • Vitamins • Types of cooking.

		equipment while developing an understanding of basic nutrition and healthy eating principles. Through a range of simple practical activities, students learn how to prepare and cook meals independently, developing fundamental food preparation skills such as chopping, weighing, measuring and using heat safely.		
Year 8 1 Lesson Per Fortnight				
Year 8	Food origins and social, moral and economical factors.	This topic develops students' understanding of food provenance	• Pea and Bacon Risotto • Sweetcorn Fritters	• Intensive vs organic farming • Genetically modified crops.

		and the social, ethical and environmental factors that influence food production and consumption. Students explore topics such as sustainability, food miles, fair trade and animal welfare, helping them become informed consumers. Alongside this, students build on their practical skills through a range of more complex recipes linked to their theoretical learning, developing greater confidence, independence and	• Gingerbread • Tuna Fishcakes • Mini Berry Crumble Pies • Carrot Muffins • Cottage Pie • Mexican Chicken Tacos	• Factory vs Free-range • Caught foods • Food miles • Global production • British Cuisine • International Cuisine

		competence in the kitchen.		
Year 9 1 Lesson Per Fortnight				
Year 9	Diet and nutritional needs through life. Mini GCSE NEA project.	This topic develops students' understanding of nutrition and dietary needs throughout different stages of life, exploring how food choices impact health and wellbeing. Students investigate nutritional science and apply their knowledge to make informed decisions about balanced diets. Alongside this theory, students refine their practical	• Beef Burger and Sweet Potato Wedges • Mediterranean Vegetable Frittata • Vegetable and Chicken Pasta Bake • Lacto-Intolerant Banana Bread • Macaroni Cheese • Sweet Potato and Lentil Curry • Chosen NEA recipe.	• Diet through life stages • Diet related health • Energy needs • Meal planning • Influences on choices. • Religion and cultural choices • Mini GCSE NEA project

		skills through increasingly complex recipes and cooking techniques, building confidence, independence and accuracy in the kitchen. The year culminates in a mini GCSE-style coursework project, where students research, design and plan a menu in response to a given brief, preparing them for the demands of GCSE Food Preparation and Nutrition.		
Year 10 GCSE OPTION 6 LESSONS PER FORTNIGHT				
Year 10 – Autumn Term	The Science of Food.	This topic develops students' understanding of	• Chicken Curry and Rice	• Heat transfer • Water based cooking methods

		food science and the functional and chemical properties of ingredients. Students investigate how factors such as heat, mixing, fermentation and ingredient combinations affect the texture, appearance and nutritional value of food. They explore topics including raising agents, coagulation, caramelisation and food preservation, applying scientific knowledge to practical food preparation. Alongside this theory, students complete a range of	• Focaccia Bread • Red Velvet Cake	• Fat vs Dry cooking methods • Raising agents • Food spoilage • Food storage safety • Uses of microorganisms • Food poisoning

		practical investigations and increasingly sophisticated dishes, developing advanced preparation, cooking and evaluation skills. By understanding the science behind food, students are able to make informed decisions when creating, adapting and improving recipes.		
Year 10 Spring Term	Food and Nutrition	This topic develops students' understanding of the role nutrition plays in maintaining health and wellbeing. Students explore the	• Focaccia Bread- vegetables and raising agents • Bread roll shapes- proving	• Proteins • Amino Acids • High Biological and Low Biological Proteins. • Excessive and Deficiencies Proteins

		functions and sources of nutrients, the principles of a balanced diet, dietary needs throughout life, and the relationship between diet and health. Alongside their theoretical studies, students complete a range of practical activities that enable them to apply nutritional knowledge when selecting ingredients, adapting recipes and preparing balanced meals. This helps students develop the skills needed to make	• Carbohydrates – Ravioli • Protein – Pheasant • Protein- Jointing a chicken • Protein- Kebabs- Marinading • Protein- Chicken goujons-Panne • Gelatinisation- Cheesecake	• Changing Proteins • Fats and Oils • Saturated vs unsaturated fatty acids • Excessive and Deficiencies Fats and Oils • Aeration and Shortening • Carbohydrates • Sugar vs Starch • Simple and complex carbohydrates • Excessive and Deficiencies Carbohydrates • Gelatinisation • Dextrinisation • Caramelisation • Vitamins and Minerals • Water soluble vs fat soluble

		informed food choices and promote healthy lifestyles.		• Floride and Iodine
Year 10 Summer Term	Diet and Health and Practice NEA	This topic develops students' understanding of the relationship between diet, nutrition and health. Students explore how dietary choices can affect physical and mental wellbeing, investigating topics such as energy balance, obesity, diet-related diseases, special dietary needs and nutritional requirements throughout life.	• Jam and tarts. Food processing • Sausage rolls-flaky pastry. • Shortcrust pastry. • Pastry-Chicken pie. • Lemon Curd • Swiss Roll • Bechamel Sauce and homemade pasta	• Nutritional needs young people • Nutritional needs Adults • Diet related health problems • Energy needs • Nutritional analysis • Meal planning for different groups • Practice NEA coursework investigation.

		Through a range of practical activities, students apply this knowledge by planning and preparing nutritious dishes that meet specific dietary needs. This enables students to make informed food choices and develop a deeper understanding of how food can contribute to a healthy lifestyle.		
Year 11 GCSE OPTION 6 LESSONS PER FORTNIGHT				
Year 11 Autumn Term 1	Food Investigation Task NEA	As part of their GCSE course, students complete a Food Investigation Task where they explore how ingredients and	• Food Investigation Practical and Experimenting. NEA 1-Brief provided by Eduqas-exam	• Research • Investigation • Analysis/Evaluation

		cooking methods affect the final outcome of food products. Through practical experiments, they test ideas, analyse results and draw conclusions using evidence. This project helps students develop their scientific understanding of food while building valuable research, practical and evaluation skills.	board and to include several practical investigations.	
Year 11 Autumn Term 2	Food Origins and Factors	This topic explores where food comes from and the factors that influence our food choices. Students investigate food provenance,	• NEA 2-Brief provided by Eduqas exam board. To include 4 cooking trials	• Grown foods • Genetically modified crops • Reared foods • Caught foods • Food waste and packaging

		sustainability, ethical issues, cultural influences and consumer trends while considering the impact of food production on people and the environment. Through practical activities, students apply this knowledge to make informed ingredient choices and create dishes that meet a range of needs and preferences.	and 3 hour practical.	• Food miles/Carbon Footprint • British vs international cuisine • Primary vs secondary food processing • Food fortification and modification • Influences on choices • Religious and cultural influences • Food labelling and marketing.
Year 11 Spring Term	Food Preparation Task NEA	As part of their GCSE course, students complete a Food Preparation Task where they are given a brief and	• Making Trial Dishes • Final Dish Recipes in Exam Conditions	• Understanding the brief • Researching the specific context

		must plan, prepare and cook a range of dishes that meet specific requirements. They research ideas, develop recipes and demonstrate their practical cooking skills during a final cooking assessment.		• Summarise research and analyse • Plan trial dishes to test skills and methods. • Analyse and evaluate trial dishes. • Planning and developing final dishes linked to brief. • Analysing and evaluating the final dishes and NEA task.
Year 11 Summer Term 1	Theory Revision	This half term's focus is to revisit the required theory needed for the written examination, while practicing exam style questions to	None	• Exam questions and mocks to test student's current knowledge. • Adapted theory lessons revisiting misconceptions or gaps identified by

		ensure student confidence.		the assessments conducted. • Final written Examination