Food curriculum map

		Autumn term	Spring term	Summer term
Year 7	Unit of Work	Kitchen Skills	World of Food	Nutrition and Seasonal food
	Fertile Questions	• How do we keep safe in the Kitchen?	• What do people cook and eat around the world?	• What are vitamins and minerals? • Which foods are local and seasonal?
	Example Recipes	• Pitta bread pizza • Vanilla sprinkle cupcakes • Cheese straws • Anzac Cookies • Chocolate brownies	• Pasta with tomato sauce • Butter Chicken and Rice • American Muffins • Irish Soda bread • Chilli con carne with rice	• • These recipes will be based on seasonal foods and interests the students have developed during the year.
	Assessment	Students receive real-time verbal feedback in lessons		
	Experiences/ Purposeful Fun	All lessons (apart from one) will be in the kitchen cooking independently. We alternate sweet and savoury dishes.		
	Cooking Skills	• Accurate weighing and measuring. • Basic knife skills. • Sponge making. • Pastry making. • Using an oven safely and effectively.	• Bread making and dough handling. • Frying safely. • Pasta cookery. • Basic sauce making. • Combining ingredients to achieve desired textures	• Selecting appropriate cooking methods. • Adapting recipes using seasonal ingredients. • Making dishes independently with reduced teacher support
	Wider Kitchen Skills	• Introduction to the food room and safe working practices. • Understanding hygiene, food safety and personal responsibility. • Developing confidence using basic kitchen equipment. • Cooking simple sweet and savoury dishes independently.	• Discussing the foods students enjoy and cook at home • Investigating how food brings communities together. • Exploring ingredients and flavour combinations from around the world.	• Introduction to nutrients and healthy eating. • Identifying seasonal and locally produced foods. • Understanding why fruits and vegetables are important in a balanced diet
	Careers links	Health and safety in a commercial kitchen	Different types of cuisines served in restaurants and cafes	Role of nutrition in sports careers

	Literacy elements	Reading recipes and following written instructions Use of specialist culinary vocabulary

		Autumn term	Spring term	Summer term
Year 8	Unit of Work	Kitchen Skills	World of Food	Nutrition and Seasonal food
	Fertile Questions	• What is food poisoning and how do we avoid it?	• How to does food build community and culture?	• How does food impact your mood?
	Example Recipes	• Macaroni Cheese • Lemon drizzle Muffins • Meat Ball subs • Apple crumble	• Jambalaya • American pancakes with caramel sauce • Chicken Tikka Masala • Banana and chocolate chip muffins • Pasta Bolognese	• These recipes will be based on seasonal foods and interests the students have developed during the year.
	Assessment	Students receive real-time verbal feedback in lessons		
	Experiences/ Purposeful Fun	All lessons (apart from one) will be in the kitchen cooking independently. We alternate sweet and savoury dishes.		
	Cooking Skills	• Peeling and dicing accurately. • Roux making for sauces. • Caramelisation. • Moulding and shaping mixtures. Combining ingredients effectively	• Sautéing. • Controlling frying temperatures. • Spice blending and flavour development. • Folding techniques. • Cooking meat safely and consistently.	• Adapting recipes for healthier outcomes. • Balancing flavour, colour and texture. • Planning dishes using seasonal ingredients. • Improving presentation skills
	Wider Kitchen Skills	• Developing confidence to cook family friendly meals • Understanding food poisoning and how to prevent it. • Identifying and using a wider range of kitchen equipment safely. • Following hygiene and food safety procedures consistently	• Exploring foods from different countries and cultures. • Understanding how climate, religion and tradition influence food choices.	• Investigating the relationship between food and wellbeing. • Understanding how food can affect mood and energy levels. • Exploring healthy recipe adaptations.
	Careers links	• Commercial kitchen operations. • Catering and hospitality industries.	• Professional chefs and international cuisine specialists. • Food media and food travel careers.	• Food product developer • Nutritionist and dietitian roles • Seasonal menu planning in hospitality
	Literacy elements	Reading recipes and following written instructions Use of specialist culinary vocabulary		

		Autumn term	Spring term	Summer term
Year 9	Unit of Work	Kitchen Skills	World of Food	Nutrition and Seasonal food
	Fertile Questions	**How do we use different Kitchen equipment safely?**	How do different spices and cooking techniques create a flavour profile?	What is the difference between macronutrients and micronutrients?
	Example Recipes	Blueberry Muffins Beef burgers Carrot cake muffins Carbonara Pasta	Garlic naan bread and tzatziki dip Spanish omelette Beef Burritos Bacon & pea risotto Jerk Chicken with Rice & Peas	These recipes will be based on seasonal foods and interests the students have developed during the year
	Assessment	Students receive real-time verbal feedback in lessons		
	Experiences/ Purposeful Fun	All lessons (apart from one) will be in the kitchen cooking independently. We alternate sweet and savoury dishes.		
	Cooking Skills	• Julienne and advanced knife skills. • Consistent dicing. • Dish presentation and garnishing. • Working accurately and efficiently.	• Checking chicken temperatures safely. • Marinating ingredients. • Bread dough handling and shaping. • Layering flavours through seasoning and cooking methods.	• Refining and mastering key practical techniques. • Developing greater independence and organisation. • Preparing students for GCSE-style food work • Feeling confident to cook independently after leaving home
	Wider Kitchen Skills	• Understanding the functions and safe use of a wider range of kitchen equipment. • Identifying different knife techniques and selecting the most appropriate method. • Maintaining a safe, organised and efficient workspace. • Demonstrating increased independence and responsibility in the kitchen.	• Exploring flavour profiles and advanced cooking techniques. • Understanding how ingredients influence traditional dishes. • Developing respect for different food traditions and eating habits.	• Interpreting nutritional information and evaluating recipes • Understanding macro and micronutrients. • Considering nutrition for different groups and lifestyles. • Applying nutritional knowledge to meal planning. •
	Careers links	• Professional kitchen roles. • Food safety and quality assurance careers.	• International chef careers. • Hospitality management.	• Sports nutritionist. • Dietitian.

			• Food tourism and event catering	• Environmental and sustainability careers within the food industry
	Literacy elements	Reading recipes and following written instructions Use of specialist culinary vocabulary		

		Autumn term	Spring term	Summer term
Year 10 Hospitality & Catering	Unit 1: The H&C industry	Section 1: Hospitality and Catering provision	Section 2: How providers operate	N/A
	Unit 2: H& C in action	Section 1: The importance of Nutrition	Section 3: Skills and Techniques	Section 2: Menu Planning
	Fertile Questions	What are the different types of hospitality and catering provisions? What are the different roles in the hospitality & catering industry?	How do hospitality businesses meet customer needs safely and effectively?	How do you meet the needs of specific coatomers? How do you plan the time in the kitchen when cooking multiple dishes?
	Threshold Concepts / Key Knowledge	• Different types of Hospitality & Catering Provision Hospitality providers • Hospitality Operations Front and back of house • Different job roles and responsibilities within the industry • Contract types and recruitment practices	• Identifying basic/ medium/ complex preparation and cooking techniques within a recipe. • Understanding front and back of house operations and how they work together within hospitality and catering businesses. • Identifying customer needs, including cultural, dietary, religious and lifestyle requirements. • Understanding how hospitality providers meet the needs of different customer groups. • Recognising the impact of customer service on the success of hospitality and catering businesses.	• Factors affecting menu planning, including budget, seasonality and customer needs. • Nutritional requirements for different groups of customers. • Dovetailing and production planning to ensure efficient use of time and resources. • Presentation techniques and how appearance affects customer appeal. • Reviewing dishes and evaluating practical performance against success criteria. • Responding effectively to a catering brief and justifying menu choices.
	Assessment	• Key term quizzes, kitchen observations, end-of-unit assessments	• January mock exam Unit 1, quizzes, kitchen observations	• Summer Mock exam Unit 2 – Mini NEA (coursework)
	Experiences / Purposeful Fun	• Visit to an industry setting • Party menu planning and service	• Investigation of customer requirements and menu adaptation	•
	Skills	• Basic knife skills, food preparation techniques, researching and adapting recipes	• Medium-level preparation techniques, evaluating dishes and performance	• Menu planning, dovetailing, presentation techniques,
	Has Links To	• Builds on KS3 food safety and practical skills	• Links hospitality theory to practical production	• Preparation for the y11 Controlled assessment
	Cultural / Contextual Knowledge	• Types of hospitality providers nationally and internationally	• Meeting cultural, dietary and religious requirements	• How considering the type of customer, location and business style impacts menu choices

	Careers Links	• Chef, caterer, hotel manager, events coordinator	• Front of house manager, restaurant manager, customer service roles	• Head chef, business owner
	Literacy Elements	• Learning and applying specialist hospitality vocabulary, research and note-taking	• Extended written responses and case study analysis	•

		Autumn term	Spring term	Summer term
Year 11 Hospitality & Catering	Unit 1: The H&C industry	Section 3: Health and Safety Section 4: Food Safety		Revision for Unit One exam 40% of final mark
	Unit 2: H& C in action	Section 4: Evaluating Cooking skills Discussion of the Controlled Assessment brief (released in September)	NEA: Controlled Assessment 12 hours in total	
	Fertile Questions	How can food hazards be prevented in professional catering environments?	• How can effective time management improve performance in a practical examination? • How do chefs plan and produce multiple dishes successfully within a set time limit?	• How can revision strategies improve success in the Unit 1 examination? • How can hospitality and catering knowledge be applied to real-life industry scenarios?
	Threshold Concepts / Key Knowledge	• Food safety legislation and professional kitchen standards. • HACCP and the prevention of contamination and food poisoning. Principles of risk assessment • Understanding food-related illness, allergens and safe working practices. • Planning dishes to meet a given brief and customer requirements	Applying nutrition knowledge to menu choices. • Producing dishes independently using a range of complex skills and techniques. • Effective time management, sequencing and production planning. • Evaluating dishes against success criteria and identifying improvements.	Revision of hospitality and catering provision, operations, health & safety and food safety. • Using case studies to apply knowledge to industry scenarios. • Analysing and evaluating information in extended examination responses. • Consolidating Unit 1 and Unit 2 knowledge for external assessment.
	Assessment	November Unit 1 Mock exam Dec – start controlled assessment	Unit 2: Internal Controlled Assessment 60% final grade 12 hours in total 4 planning the cooking, 3 cooking, 2 evaluating the cooking Unit 1: Mock exam	Unit 1: 90-minute external examination 40% final grade
	Experiences / Purposeful Fun	More complex technicals More freedom to choose own dishes in the kitchen	Once exam is over, we will keep some kitchen lessons for fun, and relaxation even once practical element completed.	We will keep some kitchen lessons for fun, and relaxation during the revision period.
	Skills	Complex knife skills Complex preparation and cooking techniques Creative presentation techniques	Time management Independent production, using range of basic, medium and complex practical skills Reviewing own performance	Memorisation of content Using key vocabulary effectively Responding to range of written exam questions Analysing case-studies for the exam

		Writing production plans Explaining menu choices	Responding to range of written coursework questions	
	Has Links To	• Builds on Year 10 menu planning, nutrition and practical preparation skills. • Develops the independent working skills required for the controlled assessment.	Preparation for Unit 2 coursework and Year 11 examinations	Consolidates all Unit 1 knowledge in preparation for further study or employment in hospitality and catering.
	Cultural / Contextual Knowledge	• Considering customer needs, dietary requirements and cultural influences when selecting dishes. • Understanding professional standards expected in the hospitality and catering industry.	• Selecting dishes that suit the age range, activity level of customers, as well as the nature and location of the catering business • Evaluating dishes that meet a range of cultural, dietary and religious needs.	Understanding how hospitality businesses adapt food provision for range of customers, seasons and locations.
	Careers Links	• Professional chef • Development chef • Catering manager • Food product developer	• Head chef • Event caterer • Restaurant manager • Food stylist	• Further education and apprenticeships in hospitality and catering • Tourism and hospitality careers • Food safety and quality assurance roles
	Literacy Elements	• Writing detailed production plans. • Using specialist hospitality and catering vocabulary accurately. • Justifying menu choices using technical language.	• Evaluating practical performance using extended written responses. • Completing controlled assessment documentation. • Responding to coursework questions clearly and accurately.	• Analysing case studies and exam scenarios. • Interpreting command words in examination questions. • Using subject terminology in extended responses.