



FOOD AND COOKERY SKILLS ANNUAL CURRICULUM PLAN 2021/2022

WEEK	KEY STAGE 3	NCFE FOOD
1	Unit 1: War What was in ration packs and why?	Unit 1: Understanding Food 1.1- Describe safe and hygienic working practices to prepare self for cooking Practical: Belgian Waffles 1.2 Describe safe and hygienic working practices to prepare the cooking environment Practical: Pancakes
2	Practical: Replicate a WWI recipe	1.3 Assess potential risks and hazards in the cooking environment Practical: Egg Omelette 2.1 Describe the uses of cooking equipment and utensils Practical: Toasties
3	What meals were eaten on the Home Front? What was 'Dig for Victory'?	2.2 Describe how to prepare equipment and utensils for cooking Practical: Carbonara 2.3 Describe safe cleaning and storage of equipment and utensils Practical: Garlic bread, knots and twists
4	Practical: Recreate a Home Front Meal	3.1 Describe the purpose of a recipe Practical: Homemade Pitta Breads 3.2 Identify the stages of a recipe Practical: Falafels and Halloumi
5	How have times changed? Modern day food supply on the front line	3.3 Describe the purpose of different ingredients in a recipe Practical: Spaghetti and Meatballs 3.4 Describe cooking skills Practical: Homemade Cookie Dough
6	Assessment Week: Theory Assessment	Assessment Week: Revision and Assessment Practical: Burgers Practical: Sausage/ Savoury Rolls
7	Practical: Design and produce a modern day ration pack	4.1 Demonstrate safe and hygienic working practices to prepare self and environment for cooking Practical: (Double) Halloween Cupcake Competition
8	Unit 2: Medicine How has food traditionally been used in medicine?	4.2 Demonstrate how to follow recipes Practical: Homemade Naan Bread and Onion Bhajis Practical: Curry and Rice
9	Practical: Create a dish based on a superfood	4.3 Demonstrate cooking skills Practical: Risotto Practical: Soup
10	Food is medicine: Was Hippocrates on to something?	4.4 Demonstrate safe use of equipment and utensils 4.5 Demonstrate safe and hygienic cleaning and storage of equipment and utensils Practical: Apple Pie/ Apple Tart (Double Practical)
11	Practical: Traditional Greek dish	Unit 2: Understanding Food 1.1 Describe the main food groups/ 1.2 Describe sources of foods from each main food group Practical: Lasagne 1.3 Explain how seasons affect food availability Practical: Chocolate Brownies
12	Assessment Week: Assessment 2 Theory Assessment	Assessment Week: Assessment 2 Practical: Roast Dinner 2.1 Describe how social factors affect food choices Practical: Ice Cream Sundaes
13	What is a balanced diet? Eatwell Guide	2.2 Describe how environmental factors affect food choices Practical: Fajitas

		2.3 Describe how cost factors affect food choices Practical: Homemade Pizzas
14	Practical: Use the EG to create a dish	*Christmas Dinner Week* 2.4 Describe how sensory factors affect food choices Practical: (Double) Yule Logs 3.1 Compare ingredients to inform choice of recipes for given dishes Practical: Christmas Dinner (Select Group)
15	Unit 3: Protests and Riots How do riots/ protests impact the food supply/chains?	3.2 Apply choices of ingredients to make given dishes 3.3 Evaluate completed dishes Practical: (Double) Gingerbread People Competition
16	Practical: Limited ingredients dish	Unit 3: Exploring Balanced Diets 1.1 Explain what is meant by a balanced diet Practical: Pasta Salad Practical: Spaghetti Bolognaise
17	What role does food play in uprisings?	1.2 Describe the nutrients that make up a balanced diet Practical: Jerk Chicken, Rice and Peas 1.3 Explain nutrients requirements for different groups of people Practical: Jamaican Ginger Cake
18	Practical: Create a community dish	1.4 Explain healthy eating advice 1.5 Explain how nutritional information on food labels can inform healthy eating Practical: STUDENT CHOICE
19	Assessment Week: Theory Assessment	1.6 Assess a food diary and make recommendations Practical: STUDENT CHOICE 2.1 Assess a recipe in terms of its contribution to healthy eating Practical: STUDENT CHOICE
20	How can food bring people together? Cultural Appreciation vs Cultural Appropriation	2.2 Explain how the recipe could be changed to make the finished dish healthier Practical: Pasta Bake 2.3 Describe other factors that could affect the finished dish Practical: Flapjacks
21	Practical: Design and produce a dish that represents a cause	Unit 4: Plan and produce dishes in response to a brief 1.1 Assess the requirements of a set brief Practical: Steak, chips and peppercorn sauce 1.2 Select a menu of dishes for the brief Practical: Fruit Crumble
22	Unit 4: Good and Evil What are good and bad ethics?	1.3 Develop a plan of action for making the dishes Practical: (Double) Student response to brief 1.4 Review and revise plan from feedback
23	Practical: Taster Lesson ethical food companies	2.1 Demonstrate how to prepare themselves and environment for cooking 2.2 Apply the plan to make the dishes on the menu Practical: (Double) Cheesecake
24	How can we be ethical?	2.3 Demonstrate cooking skills to make the dishes on the menu Practical: Chinese Chow Mein 2.4 Demonstrate safe and hygienic working practices throughout Practical: Vegetable Spring Rolls
25	Practical: Produce a vegetarian/vegan dish	3.1 Assess the strengths and weaknesses of the menu Practical: Sausages and Mash 3.2 Assess the strengths and weaknesses of the planning and preparation process Practical: Fruit Turnovers
26	Should food companies be held accountable?	3.3 Assess the strengths and weaknesses of the completed dishes Practical: Shepherd's Pie 3.4 Evaluate how the brief has been met Practical: Cornflake Tart

27	Practical: Make an alternative ethical dish	1.1 Assess the requirements of a set brief Practical: Chilli NON Carne (VG) and Nachos 1.2 Select a menu of dishes for the brief Practical: Muffins
28	Unit 5: Crime and Punishment How has food been used as a punishment?	1.3 Develop a plan of action for making the dishes Practical: (Double) Student response to brief 1.4 Review and revise plan from feedback
29	Practical: Minimal ingredient Victorian Dish	2.1 Demonstrate how to prepare themselves and environment for cooking 2.2 Apply the plan to make the dishes on the menu Practical: (Double) Butterscotch Tart
30	How have prison kitchens changed?	2.3 Demonstrate cooking skills to make the dishes on the menu Practical: Pulled Pork Tacos 2.4 Demonstrate safe and hygienic working practices throughout Practical: Chicken Kebabs
31	Practical: Create a prison lunch	3.1 Assess the strengths and weaknesses of the menu Practical: Ratatouille 3.2 Assess the strengths and weaknesses of the planning and preparation process Practical: Melt in the Middle Chocolate Pudding
32	Should prisons have a last meal?	3.3 Assess the strengths and weaknesses of the completed dishes Practical: Thai Stir Fry/ Curry 3.4 Evaluate how the brief has been met Practical: Mango Sticky Rice
33	Practical: Recreate a 'last meal'	Portfolio Review: Moderation & Intervention
34	Unit 6: Nottingham Fame Why are Bramley Apples famous?	Skill Showcase:
35	Practical: Bramley Apple dish	Skill Showcase:
36	Why are Pork Pies famous?	Skill Showcase:
37	School Trip: Pork Pie Factory	Skill Showcase:
38	What diet did Robin Hood have?	Skill Showcase:
39	Practical: Design a dish that represents Nottingham	Skill Showcase: