



	Year Group	Autumn/ Spring/ Summer Term (on rotation)		
Middles	7	<p>Pupils will look at the hygiene and safety requirements needed in different food-based settings and investigate how and why they are applied.</p> <p>Pupils will investigate foods eaten in Tudor times and cook a range of dishes inspired by the Tudors.</p> <p>Students will identify the nutritional values of fruits and vegetables and design and create some jar salads.</p>		
	8	<p>Pupils will complete a health, hygiene and safety unit. They will investigate micronutrients and macronutrients. Pupils will cook a range of different dishes that will show a range of cooking and presentation skills.</p> <p>They will also look closely at cooking methods and the effect different methods have on nutrients within food. Pupils will research foods from a range of different countries and cook dishes from a range of different cultures.</p>		
Seniors		Autumn Term	Spring Term	Summer Term
	9	<p>Pupils will further their knowledge of micronutrients and macronutrients in different foods and how cooking processes impact these. They will take part in 3 mini projects during their rotation.</p> <p>1. Student food - Investigating the trends in student foods, Identifying the nutritional needs of young adults and planning and making dishes that would suit a student.</p> <p>2. Street food - Researching Street food as a concept, Identifying the reasons for the increased population of street food and planning and creating their own street food.</p> <p>3. Restaurant food - Understanding different types of restaurants and the services that they offer, investigating types of service and job roles in the restaurant industry and planning, cooking and plating restaurant style dishes.</p>		
	<p>OCR GCSE FOOD PREPARATION AND NUTRITION (9-1) J309 Specification available at: http://www.ocr.org.uk/qualifications/gcse-food-preparation-and-nutrition-j309-from-2016/</p>			
	10	Autumn Term	Unit one Understanding the environment in which hospitality and catering providers operate	Unit two Understanding the importance of nutrition when planning menus Be able to cook dishes
		Spring Term	Unit one Understanding how hospitality and catering provisions meet health and safety requirements, know how food can cause ill health, be able to propose a hospitality and catering provision	Unit two Understanding menu planning Be able to cook dishes
		Summer Term	Unit one Recap key information, practice exam questions, mini brief	Unit two Be able to cook dishes
11	Autumn/Spring Term	Unit one LO1 – understanding the environment LO2 – understanding how provisions operate LO3 – understanding how provisions meet health and safety requirements LO4 – To know how food can cause ill health LO5 – Be able to propose a hospitality and catering provision	Unit two LO1 – understanding the importance of nutrition when planning menus LO2 – understanding menu planning LO3 – be able to cook dishes	
	Spring/Summer Term	Unit one – recap and revision Exam (July)	Unit two NEA (non-examination assessment) (March – April)	