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Primary Curriculum Lead(s)		
Secondary Curriculum Lead(s)	Matthew Hounslow	matthewhounslow@kba.uk

KEY STAGE 3

Food	
<p style="text-align: center;">7</p> <p>6-Week rotation</p> <p>6-Double lessons</p> <p>6-Single lessons</p>	<p><u>Week 1</u> Food safety () Knife safety (Slicing, dicing, chopping) Health & safety ()</p>
	<p><u>Week 2</u> Sweet corn salsa (Mincing, Deseeding, Dicing, Peeling, Chopping) Healthy eating (Eatwell guide)</p>
	<p><u>Week 3</u> Pizza rolls (Proving, sieving, rolling, slicing, kneading) Nutrition (Macro-nutrients)</p>
	<p><u>Week 4</u> Fruit scones (Sieving, Rolling, Rubbing in) Food provenance (Seasonality and Food miles)</p>
	<p><u>Week 5</u> Lemon and blueberry loaf (Whisking-Aeration, Baking, Folding, Sieving, Beating) Healthy meal planning (Healthy choices)</p>

	<p><u>Week 6</u> Macaroni cheese (Whisking, Baking, Melting, Boiling, Grating) End of rotation assessment.</p>
<p>8 6-Week rotation 6-Double lessons 6-Single lessons</p>	<p><u>Week 1</u> Food safety () Knife safety (Slicing, dicing, chopping, Julienne) Health & safety ()</p>
	<p><u>Week 2</u> Coleslaw and sweet potato wedges (Julienne, Slicing, Mixing, Roasting, Shredding) Healthy eating (Dietary needs & alternatives)</p>
	<p><u>Week 3</u> Focaccia bread (Shaping, Kneading, Slicing, Sieving, Proving) Nutrition (Micro-nutrients, Vitamins)</p>
	<p><u>Week 4</u> Seasonal quiche (Blind baking, Rubbing in, Baking, Rolling, Sieving, Grating) Food provenance (Fairtrade)</p>
	<p><u>Week 5</u> Upside down sponge (Whisking, Creaming, Slicing, Baking, Sieving) Healthy meal planning (Plant based alternatives)</p>

	<p><u>Week 6</u> Lentil curry () End of rotation assessment.</p>
<p>9 6-Week rotation 6-Double lessons 0-Single lessons</p>	<p><u>Week 1</u> Food safety () Knife safety (Slicing, dicing, chopping, Julienne, Brunoise)</p>
	<p><u>Week 2</u> Quesadilla and guacamole (Mincing, Dicing, Deseeding, Frying, Peeling, Juicing, Chopping)</p>
	<p><u>Week 3</u> Garlic knots ()</p>
	<p><u>Week 4</u> Puff pastry twists ()</p>
	<p><u>Week 5</u> Lasagne (Mincing, Whisking, Dicing, Slicing, Frying, Boiling, Grating)</p>

	<p>Week 6 Healthy meal planning (Dietary diseases) End of rotation assessment:</p>
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KEY STAGE 4

SUBJECT	1 st Half of the year (Sep – Jan)	2 nd Half of the year (Jan-July)
<p style="text-align: center;">10 3 Lessons per week 1 Double 1 Single</p>	<p>3-week introduction to course. Food safety Knife safety Health & safety Level 2 Food safety course (Homework)</p> <p>Unit 1: Exam</p>	<p>Unit 1: Exam</p> <ul style="list-style-type: none"> • Introduce exam content in preparation for internal MID/EOY assessments and external assessment in Yr11. • Primarily in single lessons, interspersed between practical lessons. <p>1.1.1 Hospitality and catering providers 1.1.2 Working in the hospitality and catering industry 1.1.3 Working conditions in the hospitality and catering industry</p>

	<ul style="list-style-type: none"> • Introduce exam content in preparation for internal MID/EOY assessments and external assessment in Yr11. • Primarily in single lessons, interspersed between practical lessons. <p>1.1.1 Hospitality and catering providers</p> <p>1.1.2 Working in the hospitality and catering industry</p> <p>1.1.3 Working conditions in the hospitality and catering industry</p> <p>1.1.4 Contributing factors to the success of hospitality and catering provision</p> <p>1.2.1 The operation of the front and back of house</p> <p>1.2.2 Customer requirements in hospitality and catering</p> <p>1.2.3 Hospitality and catering provision to meet specific requirements</p> <p>1.3.1 Health and safety in hospitality and catering provision</p> <p>1.3.2 Food Safety</p> <p>1.4.1 Food related causes of ill health</p> <p>1.4.2 Symptoms and signs of food-induced ill health</p> <p>1.4.3 Preventative control measures of food-induced ill health</p> <p>1.4.4 The Environmental Health Officer (EHO)</p> <p>Unit 2: Coursework</p> <ul style="list-style-type: none"> • Introduce coursework element and develop cooking skills through practical lessons. • Primarily in double lessons, 2/3 times per term. <p>2.1.1 Understanding the importance of nutrition</p> <p>2.1.2 How cooking methods can impact on nutritional value</p> <p>2.2.1 Factors affecting menu planning</p> <p>2.2.2 How to plan production</p> <p>2.3.1 How to prepare and make dishes</p> <p>2.3.2 Presentation techniques</p> <p>2.3.3 Food safety practices</p> <p>2.4.1 Reviewing of dishes</p> <p>2.4.2 Reviewing own performance</p>	<p>1.1.4 Contributing factors to the success of hospitality and catering provision</p> <p>1.2.1 The operation of the front and back of house</p> <p>1.2.2 Customer requirements in hospitality and catering</p> <p>1.2.3 Hospitality and catering provision to meet specific requirements</p> <p>1.3.1 Health and safety in hospitality and catering provision</p> <p>1.3.2 Food Safety</p> <p>1.4.1 Food related causes of ill health</p> <p>1.4.2 Symptoms and signs of food-induced ill health</p> <p>1.4.3 Preventative control measures of food-induced ill health</p> <p>1.4.4 The Environmental Health Officer (EHO)</p> <p>Unit 2: Coursework</p> <ul style="list-style-type: none"> • Introduce coursework element and develop cooking skills through practical lessons. • Primarily in double lessons, 2/3 times per term. <p>2.1.1 Understanding the importance of nutrition</p> <p>2.1.2 How cooking methods can impact on nutritional value</p> <p>2.2.1 Factors affecting menu planning</p> <p>2.2.2 How to plan production</p> <p>2.3.1 How to prepare and make dishes</p> <p>2.3.2 Presentation techniques</p> <p>2.3.3 Food safety practices</p> <p>2.4.1 Reviewing of dishes</p> <p>2.4.2 Reviewing own performance</p>
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	Mid-Year Assessment: Sample assessment paper	End of Year Assessment: June 2023 paper
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SUBJECT	September – November	December – March	March - June
11 3 Lessons per week 1 Double 1 Single	Unit 2: Coursework <ul style="list-style-type: none"> • Live brief released in September. 2.1.1 Understanding the importance of nutrition 2.1.2 How cooking methods can impact on nutritional value 2.2.1 Factors affecting menu planning 2.2.2 How to plan production 2.3.1 How to prepare and make dishes 2.3.2 Presentation techniques 2.3.3 Food safety practices 2.4.1 Reviewing of dishes 2.4.2 Reviewing own performance	Unit 2: Coursework <ul style="list-style-type: none"> • Mock cooking exam: • Live GCSE cooking exam: • Internal marking deadline: • External moderation contact: • Upload date: 2.1.1 Understanding the importance of nutrition 2.1.2 How cooking methods can impact on nutritional value 2.2.1 Factors affecting menu planning 2.2.2 How to plan production 2.3.1 How to prepare and make dishes 2.3.2 Presentation techniques 2.3.3 Food safety practices 2.4.1 Reviewing of dishes 2.4.2 Reviewing own performance	Unit 1: Exam <ul style="list-style-type: none"> • Revision of exam content for June exam. 1.1.1 Hospitality and catering providers 1.1.2 Working in the hospitality and catering industry 1.1.3 Working conditions in the hospitality and catering industry 1.1.4 Contributing factors to the success of hospitality and catering provision 1.2.1 The operation of the front and back of house 1.2.2 Customer requirements in hospitality and catering 1.2.3 Hospitality and catering provision to meet specific requirements 1.3.1 Health and safety in hospitality and catering provision 1.3.2 Food Safety 1.4.1 Food related causes of ill health 1.4.2 Symptoms and signs of food-induced ill health 1.4.3 Preventative control measures of food-induced ill health 1.4.4 The Environmental Health Officer (EHO)
	November Mock Exam: Mock and GCSE cooking exams	March Mock Exam: June 2023 paper	ACTUAL GCSE EXAMINATION

KEY STAGE 5

SUBJECT	
12 6-Week rotation 6-Double lessons 0-Single lessons	<u>Cooking skill and technique (A range of basic savoury and sweet dishes).</u> Chili con carne Corn flake chicken and chips Carbonara Cheesecake Chocolate mousse No assessment