

The Cornwall Independent School

Support

Strive

Succeed

Design Food and Nutrition Curriculum Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<u>Food Theory</u> H & S Knife Safety The eatwell guide Sensory analysis <u>Food practical</u> Apple swan garnish Flapjacks Ragu Spiced muffins	<u>Food theory</u> Seasonal food Investigating sugars <u>Food practical</u> Sweet and sour sauce Seasonal soup Mince pies	<u>Design and manufacturing</u> Learning various pop-up book techniques. Designing a pop-up book.	<u>Design and manufacturing</u> Designing a pop-up book. creating pop-up books.	<u>Food theory</u> Food miles Enzymic browning <u>Food practical</u> Dahl Scones Bread and butter pudding	<u>Food theory</u> Dairy vs alternatives Food intolerances <u>Food practical</u> Dairy free bake chicken curry cheese straws
Year 8	<u>Food Theory:</u> H&S Diet and health – focus on carbohydrates <u>Food Practical:</u> Flapjacks Bean Chilli Stuffed peppers Cupcakes	<u>DT Theory</u> Force, gravity, motion, energy transfer Graphic drawing – isometric Logo Design <u>DT Practical</u> Create a buggy with graphic designed logo Race balloon powered buggy and evaluate	<u>Food Theory</u> Food science – elasticity, rise, fermentation <u>Food Practical</u> Bread/ bread art Pizza Cinnamon Rolls	<u>DT Theory</u> Surface pattern design – tie dye, stencil, block print Sewing machine skills Cultural design research Product analysis <u>DT Practical</u> Sewing machine skills Make a drawstring bag with surface pattern design representing your chosen culture	<u>Food Theory</u> Gelatinisation Food provenance <u>Food Practical</u> Pasta Bake Spaghetti bolognese Fish Tacos Scotch Eggs	<u>DT Theory</u> CAD/CAM Solid works <u>DT Practical</u> Keyring <u>Additional Project:</u> <u>Food Theory</u> Picnic Project -Research (primary and secondary) -Dish design considering nutritional analysis for a consumer -Dish planning <u>Food Practical</u> Trial recipe x 2 Final Dish

Year 9	<u>Food Theory</u> H&S Diet and health Food choice Allergies and intolerances <u>Food Practical</u> Chilli Curry Fajitas Swiss Roll	<u>DT Theory</u> Smart Materials (textiles) Product analysis Design <u>DT Practical</u> Sewing an electronic circuit Applique Constructing a decoration/ toy	<u>Food Theory</u> Sustainable fishing Nutrients in Fish Food provenance and farming Packaging and labelling <u>Food Practical</u> Homemade fish fingers and chips Sausage Rolls Burgers	<u>DT Theory</u> Sustainable packaging <u>DT Practical</u> Easter Egg packaging	<u>Food Theory</u> Food science, tenderisation, meat/ protein structure <u>Food Practical</u> Chicken Kiev Meatballs and sauce Koftas	<u>DT Theory</u> CAD/CAM Solid works <u>DT Practical</u> Dice and counters/ festival merchandise
Year 10	<u>Food Theory</u> H&S Eatwell Nutrient groups <u>Practical</u> Fajitas Fish Pie Muffins Fat experiment in pastry Quiche (mini)	<u>Food Theory</u> Special diets <u>Practical</u> Stir Fry Lasagne Swiss Roll	<u>Food Theory</u> Special Diets Energy Diet related illness Cooking methods Heat transfer <u>Practical</u> Sausage rolls Kebabs Experiment with vegetables (to retain sensory properties and nutrient content) Burgers	<u>Food Theory</u> Food science -Denaturation, coagulation, gluten formation -Shortening, aeration, plasticity, emulsification, enzymic browning, oxidisation -Raising agents Yeast (balloon) experiment <u>Practical</u> Bread/ Pizza Mayonnaise with dipper of choice Meringue	<u>Food Theory</u> Bacteria in food Food choice Food provenance <u>Practical</u> Choux pastry (profiteroles) Chelsea buns	<u>Food Theory</u> Revision and Mock exam Mock NEA 2 <u>Practical</u> Mock NEA 2 (own choice based on brief)
Year 11	Practical skill and Y10 recap/ H&S NEA 1	NEA 1 MOCK Intro to NEA 2	NEA 2	MOCK NEA 2	Revision	Revision