

Curriculum Map



Exam

Revision

Hand in

NEA Final Exam

NEA 2 Practical Practice

NEA 1 Practical Investigations

Students prepare for the exam using revision and exam practice.

3 hour practical exam – students prepare and make 3 dishes in three hours under exam conditions.

NEA 2 – Food preparation Task- Students are given a taskset by OCR. They have no more than 20 hours to complete.

NEA 1 - Food investigation task – students given a task set by OCR. They have no more than 10 hours to complete.

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High Fat Dish

Alternative Protein Dish

Swiss Roll

Meringues

Mayonnaise

Section C – Cooking and Food Preparation – Food science, sensory properties, Food safety.

Section D – Skill Requirements- Knife Skills, cooking methods, sauces, set a mixture, raising agents, dough and judge and manipulate sensory properties. Student make a variety of dishes throughout the year

Students complete a mock NEA 2.

exams- Summer term 1

Protein Dish

Carbohydrate Dish

Biscotti

Victoria Sandwich

Apple Pie

Shepherds Pie

Fish Pie

OCR
Oxford Cambridge and RSA

Section A - Nutrition – Diet and Health, energy balance, protein, fats, carbohydrate, vitamins, minerals, water.

Section B - Food – Food source and supply, food processing and production, Food Security, food developments, factors influencing food choice

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Carrot Cutting

Chicken Chasseur

Lasagna with fresh pasta

Egg Custard Or Quiche

Profiteroles

Sausage Rolls

Soda Bread

Seasonal Bake

Victoria Sandwich Cake

Upside Down Cake

Meatballs

Tomato Sauce

Shortcrust pastry Jam Tarts

Sausage Rolls

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Developing their knowledge on different ingredients, where they are grown, reared and produced, with the focus on factors affecting food choice.

Students continue to build on their practical skills and knowledge producing dishes suitable for a family meal.

Continue to think about H & S.

Revisit knowledge and expand on the eatwell plate. Looking at each section in detail and linking them with ingredients and dishes.

Students build their practical skills and knowledge continuing to use different cooking methods and equipment.

Students use a large range of ingredients including milk, cheese, meat and flour. Making diaries are used to track practical work and sensory evaluations are produced for some of these dishes.

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Leek and Potato soup

Sweet & Sour Chicken

Macaroni Cheese

Pizza

Spaghetti Bolognese

Chili

Seasonal Bake

The focus for this unit is understanding how to use the oven and hob correctly as well as equipment such as peelers and knives. The students are also taught basic practical methods such as the rubbing in method.

Students are introduced to the Eatwell Guide, looking at all the different sections and the Government's Eight tips for healthy eating. We also look at the 4c's.

Learning is based around basic techniques used in a variety of dishes and the nutrition.

Basic H&S information given at the start of every year at KS3

Seasonal bake

Bread

Making toast and butter

Scones

Fruit Crumble

Vegetable Stir-fry

Couscous Salad

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