Curriculum Topics Studied At Springfield

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Food & Nutrition Year 7	Key Skills Theory - Health, safety & hygiene, Equipment, Healthy eating & the Eatwell Guide, Weighing & measuring, End of topic theory test. Practical skills - Learning to wash up, fruit salad (knife skills), senses salad (knife skills), grilled snack (using a grill), scones (using an oven), tiffin (using a hob). Food Investigation - Raising agents. Sensory Analysis - Cheese					
Food & Nutrition Year 8	Extending Skills Theory - Health, safety and hygiene, Macronutrients, Fibre, Vitamins & minerals, Health Eating, End of topic theory test. Practical skills - Apple crumble (knife skills), Bread rolls (bread making), Pizza (bread making), Bolognaise (meat protein), Chicken Goujons (meat protein). Food Investigation - Methods of cooking popcorn & Flour used in bread making. Sensory Analysis - Bread.					
Food Preparation & Nutrition Year 9 T - Theory P - Practical I - Investigation SA - Sensory Analysis	Introduction to Food T - Health, Safety & Hygiene, Knife cuts, The Eatwell Guide P - Minestrone soup, Fruit salad with sugar stock, Chow mein I - Enzymic browning	Developing Skills T - Fair testing, Energy Balance, P - Sweet & sour chicken, Bolognese/Chilli con Carne, Macaroni cheese, chocolate swiss roll, free choice practical SA - Rice	Macronutrients T - Fat, Fibre, Protein, Carbohydrates P - Sag Aloo, Meringue kisses I - Sugar in cakes SA - Potatoes	Micronutrients T - Fat soluble vitamins, water soluble vitamins, minerals, trace elements P - meatballs in a tomato sauce, carrot cake muffins, cauliflower & broccoli cheese, Dutch apple cake	Fruit & Vegetables T - Preservation methods P - Vegetable and lentil curry, Jam making, Swiss roll, Jam tarts, Bakewell tart SA - fruits & vegetables	Animal Protein T - Intro to meat & poultry, Jointing a chicken, Fish theory, Filleting a fish, Egg theory P - Thai green curry, chicken kiev, Fishcakes, Jambalaya I - Egg foam SA - processes meats
Food Preparation & Nutrition Year 10 T - Theory P - Practical I - Investigation SA - Sensory Analysis	Vegetable Protein T - Special diets P - Vegetarian free choice SA - vegetable protein dishes	Cereals T - Pastry, Pasta, Rice P - Focaccia, Pie, Custard tarts, Profiteroles, Apple turnover, Pasta I - Gluten	Dairy T - Milk, cheese & yoghurt production P - Fat rascals, Pannacotta & fruit coulis, butter making, buttermilk scones, creme brulee & shortbread, yoghurt making, Chicken tikka masala, High calcium dish - free choice SA - Dairy products	Fats & Sugar T - Fats, Sugar P - mayonnaise & potato salad, Viennese whirls, Lemon meringue pie	Mock NEA 1 Research Plan of action Hypothesis Method Fair testing Investigation Sensory analysis Evaluation	Mock NEA 2 Analysis of task Research Dish ideas Choice of final dish Timeplan Practical assessment Sensory analysis Evaluation Costing Nutritional analysis Improvements
Food Preparation & Nutrition Year 11	Food Investigation - NEA 1 (15%) Food Preparation Assessment - NEA 2 (35%) Theory exam (50%)					