

Rugby Free Secondary School Curriculum Sequence Overview 2024-25 (Food & Nutrition)

Key Stage 2 Key Links:

The National Curriculum for Design and Technology states that students should be taught to:

1. Understand and apply the principles of a healthy and varied diet
2. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
3. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

Year 7 Link to Key Stage 2:

1. Students learn about the Eatwell Plate (2016) and the 8 tips for healthy eating. This includes who the Eatwell Guide is not suitable for.
2. Students learn about the three macronutrients and their function in the body
3. Students learn to prepare and cook a variety of predominantly savoury dishes. This includes health and safety and learning to independently turn the oven, hob and grill on and off

Year 8 Link to KS2 and Year 7:

1. Students learn about food choice, which includes seasonality and availability of food
2. Students build on their learning about nutrition and learn about traffic light food labelling
3. Students will learn about international and British cuisine.
4. Students learn to prepare and cook a variety of predominantly savoury dishes that link with Year 7 learning.

Year 9 Link to KS2 and Year 8:

1. Students learn about food provenance; where their food comes from and how it is produced
2. Students will learn about hospitality and catering provision, what the industry is and what types are available.
3. Students learn to prepare and cook a variety of predominantly savoury dishes this carries skills from the rest of KS3.

Year 10 Link to Year 9:

1. Students learn about the chemical and scientific function of ingredients and complete a practice NEA (1)
2. Students build on their learning about nutrition and complete a practice NEA (2)
3. Students learn to prepare and cook a variety of predominantly savoury dishes.

Year 11 Link to Year 10:

1. Students complete NEA (1), which is a food investigation looking at the chemical and scientific function of ingredients (15% of grade)
2. Students complete NEA (2), which is food preparation task, exploring the nutritional function of ingredients and demonstrating technical practical skills (35% of grade)
3. Students complete the written examination (50% of grade), which assesses knowledge of all 5 areas of the specification

Year 12 Link to Year 11:

Level 3 Diploma in Food science and Nutrition

1. Students learn about the nutritional, chemical and scientific function of ingredients
2. Students learn to prepare and cook a variety of predominantly savoury dishes, using skills from KS3 and KS4.
3. Students complete the Unit (1) and Unit (2) assessment, which is a written assessment, a practical assessment and an NEA.

Year 13 Link to Year 12:

1. Students complete the Unit (3) assessment, which is a food investigation task. This is chosen by the students and references food science.
2. Students complete the Unit (2) assessment, which is a set brief linked to food safety (retake)
3. Students learn to prepare and cook a variety of predominantly savoury dishes.