

Year	Autumn	Spring	Summer
7	• Food Hygiene • Food Safety • Nutrition • Use techniques in preparation and cookery of commodities	• Food Science • Function of ingredients • Preparation and cookery methods • Nutrition • Use techniques in preparation and cookery of commodities	• Nutrition • Special diets • Functions of ingredients • Commodities • Use techniques in preparation and cookery of commodities
8	• Nutrition • Food Safety • Food Hygiene • Use techniques in preparation and cookery of commodities	• Food Science • Commodities • Functions of ingredients • Cookery methods • Use techniques in preparation and cookery of commodities	• Preparation Methods • Provenance & Sustainability • Use techniques in preparation and cookery of commodities
9	• Research products from a design brief • Special diets • How menu dishes meet customer needs	• Research products from a design brief • Functions of macro nutrients in the human body	• Research products from a design brief • Food related causes of ill health • The role and responsibilities of the Environmental Health Officer (EHO)

	• Plan production of dishes for a menu • Use techniques in preparation of commodities	• Compare nutritional needs of specific groups at different life stages • Characteristics of unsatisfactory nutritional intake • How cooking methods impact on nutritional value • Use techniques in preparation of commodities	• Food safety legislatio • Common types of food poisoning • The symptoms of food induced ill health • Use techniques in preparation of commodities
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Curriculum Overview – Cooking and Nutrition- Biddick.