



THE PRESCOT SCHOOL

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Food Studies Curriculum Journey

	HALF TERM ROTATION	HALF TERM ROTATION	HALF TERM ROTATION
YEAR 7	Healthy Eating, Food Safety and Hygiene Eatwell Guide, Healthy Eating, Food Safety, Hygiene Safety	Practical Skills and Food Preparation Techniques Bridge and Claw Technique, weighing and measuring, peeling, grating, dicing, shaping, rubbing in, rolling out pastry	Selection of Recipes from preparation to Completion Fruit Salad, Couscous, Pizza toast, Vegetable howder, Fruit Crumble
YEAR 8	Food Nutrition, Food Poisoning, Staple Foods	Practical Skills and Food Preparation Techniques Combining Ingredients, Boiling, Simmering, , Kneading, Shaping, Sauce Making, Creaming Method	Selection of Recipes from preparation to Completion: <ul style="list-style-type: none">• Bread Based Pizza• Savoury Rice• Spaghetti Bolognese• Dutch Apple Cake• Pasta Bake
YEAR 9	Diet Through Life Nutritional Requirements of People of Different Ages	Practical Skills and Food Preparation Techniques Pastry making, boiling, simmering, shallow frying, shaping, whisking, handling high risk food	Practical Skills and Food Preparation techniques: <ul style="list-style-type: none">• Spicy Sausage Pasta• Quiche• Bread and Butter Pudding• Chicken or Vegetable Curry• Fatless Fruit Flan
YEAR 10	Importance of Nutrition Cooking Methods Impact on Nutritional Values of Food Food Related Causes of Ill Health. Practical , Breads and Pastries	Signs and symptoms of Food Poisoning Menu planning Practical- Presentation techniques, Complex Dishes with Accompaniments	Health and Safety in Hospitality and Catering Environmental Health Officer Front and Back of House Responsibilities Practical- Portioning Chicken, Chicken Dishes with Accompaniments, Pasta Making
YEAR 11	Menu Planning, Nutrition, Specific Dietary Needs, Menu Application	Working in the Hospitality & Catering Industry Hospitality and Catering Providers	Factors contributing to success of Hospitality and Catering Provision