Wallington
County Grammar School

The Food Preparation & Nutrition Curriculum

Whole School Curriculum Intent:	Wallington County Grammar School is a highly academic but pastorally minded school which delivers a curriculum that enables all students to embody our motto - *Per Ardua ad Summa*, Through Difficulties to the Heights. Each Subject Leader has autonomy over their own curriculum and its intent, i.e. its subject content, skills content, sequencing and assessment schedule. This is vital to ensure the academic curriculum is designed by highly qualified subject experts. The intentions behind whole school approach to curriculum design taken by senior leaders are to provide: ● **Breadth** - We intend to provide a broad, academic and liberal curriculum that equips students with the body of human knowledge and different ways of thinking necessary to succeed in and enjoy their education, careers and wider lives. ● **Depth** - We do not want our students to simply study the national curriculum and examination specifications with grades being our sole focus. We aim for our students to become true scholars of the disciplines that they are learning so that they achieve a deep and sophisticated level of knowledge and understanding. ● **Values** - We aim for our students to develop our four core values: commitment, courage, compassion and creativity. ● **Democracy** - We aim for all our students to have the necessary knowledge and confidence, not just to participate in the democracy of the United Kingdom, but to lead it.
Subject Curriculum Intent:	Our Food Technology curriculum is designed to inspire, challenge and empower all learners with essential skills not only for GCSE success but also for a lifelong understanding of food as a fundamental aspect of health, society, and science. It will equip them to make healthy, informed food choices for themselves and others, while also fostering an appreciation for the cultural, environmental, and ethical aspects of food. This involves a balanced approach of theoretical knowledge in nutrition and food science with practical application in safe cooking techniques and food preparation, alongside an exploration of food sources, sustainability, and the global food industry. We deliver a well-sequenced and knowledge-rich curriculum that enables students to: ● **To develop deep subject knowledge** of food science, nutrition, and culinary techniques through a carefully sequenced and knowledge-rich curriculum. Students gain a secure understanding of macronutrients and micronutrients, the functional and chemical properties of food, food provenance, and the impact of food choices on health and wellbeing. ● **To cultivate practical mastery and technical precision** in food preparation. Students experience high-quality, hands-on opportunities to refine their culinary skills across a broad range of commodities, equipment, and techniques. By KS4, learners demonstrate advanced competence and creativity in their practical NEA work, consistently achieving outcomes of the highest standard. ● **To foster responsible global citizens** who make informed, ethical, and sustainable food choices. The curriculum reflects the diversity of food cultures, encourages critical engagement with current issues such as sustainability and food security, and promotes the importance of nutrition

	and food hygiene for personal and public health. ● **To prepare for progression into further study or careers** in these fields: Production Management, Research Scientist, Food Technologist, Food Scientist, Nutritional Therapist, Quality Management, Dietitian
Subject Curriculum Aims:	The Food Technology curriculum aims to cultivate a deep understanding of food and nutrition, empowering students with the knowledge, practical skills, and critical thinking necessary to make informed choices about food, health, and sustainability. Our curriculum provides a rigorous and engaging academic foundation, fostering excellence in both theoretical and practical domains. We aim to: ● **Develop confident, skilled, and independent learners** who can apply scientific, nutritional, and technical principles to food preparation and cooking. ● **Promote a secure understanding of nutrition, health, and dietary needs** across life stages, underpinned by current scientific research and public health guidance. ● **Build a strong foundation in food science**, enabling students to understand the chemical and functional properties of ingredients and how they affect food outcomes. ● **Support mastery of high-level practical skills**, ensuring students develop proficiency in a broad range of advanced preparation and cooking techniques with an emphasis on food safety, hygiene, and time management. ● **Encourage critical engagement with ethical, environmental, and cultural aspects of food**, promoting awareness of food provenance, sustainability and global food issues. ● **Prepare students for success in public examinations** by developing strong subject knowledge, excellent examination technique and the ability to analyse, evaluate and apply information effectively. ● **Inspire progression into further study or careers** in nutrition, food science, hospitality, or related fields through a high challenge, high support ethos.
Exam Boards	WJEC - Food Preparation & Nutrition

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y7	Food safety and hygiene Sensory evaluation Knife skills Fruit Salad	Eatwell Guide Minestrone Soup	Eatwell Guide Healthy eating guideline Pizza Toast	Nutrients Pancakes	Fairtrade Food miles Cupcakes	Function of ingredients Stir Fry
	Assessment 1 Format:	Multiple choice questions in the D&T assessment.		Assessment 2 Format:	Multiple choice questions in the D&T assessment.	
Y8	Multicultural project - Design brief - Product analysis - Specification	- Preparing various cultural dishes: Halloumi and couscous,	- protein (high risk) stir fry,	- bread making (pizza)	Wallington Cook off Challenge	Wallington Cook off Challenge
	Assessment 1 Format:	Multiple choice questions in the D&T assessment.		Assessment 2 Format:	Multiple choice questions in the D&T assessment.	
Y9	Food Commodities	Food Commodities Principles of nutrition	Principles of nutrition	Principles of nutrition Diet and good Health	Diet and good Health Exam Prep	Mini Nea1
	Assessment 1 Format:	GCSE Paper		Assessment 2 Format:	GCSE Paper and Mini NEA1	
Y10	The science of food.	The science of food.	Where food comes from	Cooking and food preparation	Mini Nea 2 Exam Prep	Practical Mini NEA2 Exam
	Assessment 1 Format:	GCSE Paper		Assessment 2 Format:	GCSE Paper and Mini NEA2	
Y11	NEA1	Complete NEA1 NEA 2 (Section A) Mock Exam Prep	NEA2 (Section A)	NEA2 (Section B & C)	Exam Prep	
	Mock Format:	GCSE Paper		Assessment 2 Format:	GCSE Paper	

Key Vocabulary

KS3		KS4		
Hygiene Safety Contamination Best before date use -by date Diet Carbohydrates Protein Fat Cooker Hob Oven Grill Bake Aeration Food provenance Accessibility Culture Ethical beliefs Fairtrade Organic Season Origin Food miles Food processing Food production Bacteria Salmonella HIgh risk 5-a-day	Grocer Green grocer Allergen Allergy Intolerance Balanced diet Roux Batter Annotate Ethics Evaluate Sensory Analysis Al dente Coagulate	Core Knowledge Areas • **food science** • **healthy eating** • **diet** • **health** • **nutritional guidelines** • **economic, environmental, ethical, and socio-cultural influences** • **Food commodities** • **Principles of nutrition** • **Diet and good health** • **The science of food** • **Where food comes from** Nutrition and Dietetics • **Macronutrients** • **Micronutrients** • **protein** • **fats, oils and lipids** • **carbohydrates** • **amino – acids** • **saturated fats** • **polyunsaturated fats** • **monosaccharides, disaccharides, and polysaccharides** • **vitamins** (fat soluble, water soluble) • **minerals** • **trace elements** • **malnutrition** (over and under) • **dietary fibre (NSP)** • **Recommended Daily Intake (RDI)** • **percentage energy value**	• **life-stages** • **Basal Metabolic Rate (BMR)** • **Physical Activity Level (PAL)** • **obesity** • **coeliac disease** • **diabetes (type 2)** • **iron deficiency anaemia** • **cardio vascular disease (CVD)** • **vegetarians** (lacto-ovo, lacto, vegan) • **nut allergies** • **lactose/dairy intolerances** Food Science and Properties • **functional properties** • **chemical properties** • **heat transfer** • **conduction, convection and radiation** • **micro-organisms / bacteria** • **fermentation** • **gelatinisation** • **dextrinization** • **shortening** • **aeration** • **plasticity** • **emulsification** • **coagulation** • **foam formation** • **gluten formation** • **denaturation** (physical, heat and acid) • **enzymic browning** • **food spoilage** • **food contamination** • **additives**	Production, Choice, and Culture • **food origins / food provenance** • **food miles** • **carbon footprint** • **sustainability** • **food security** • **food poverty** • **primary stages of processing** • **secondary stages of processing** • **sensory perception / sensory qualities** • **taste receptors** • **olfactory systems** • **seasonality** • **food labelling** • **culinary traditions** • **regional cooking** • **presentation** Practical Skills and Techniques • **Knife skills** • **bridge hold** • **claw grip** • **tenderise and marinate** • **Weigh and measure** • **dry/moist methods of cooking** • **steaming** • **boiling and simmering** • **blanching** • **poaching** • **dry frying / shallow frying** • **stir frying** • **baking** • **roasting** • **braising** • **make sauces** • **emulsion sauce**

Suggested Reading List

"How food works" by DK publishers **ISBN :** 9780241289396

"The Science of Cooking" by Dr. Stuart Farrimond – Explains the chemistry and physics of cooking in an accessible, visual way. **ISBN :** 9780140196238

"Food Science: An Introduction to Food, Nutrition and Microbiology" by P.C. Potter & J.H. Hotchkiss – Good for understanding the science behind cooking. **ISBN :** 978-0080361567

"On Food and Cooking: The Science and Lore of the Kitchen" by Harold McGee – A deeper, more advanced read on food science concepts. **ISBN :** 978-0684800011