

Food Preparation and Nutrition Curriculum Long Term Plan

Curriculum Vision

At Maplewell Hall School, Food Preparation and Nutrition provides pupils with the knowledge, understanding and practical skills needed to make informed food choices and live independently. The curriculum promotes healthy lifestyles, confidence, resilience, creativity and preparation for adulthood. Pupils learn how to prepare and cook a range of dishes safely while developing an understanding of nutrition, food science, sustainability and hospitality careers.

Curriculum Intent

The curriculum is sequenced from Year 7 to Year 9 to ensure that pupils progressively build knowledge and practical competence. Students begin by learning food safety and basic preparation skills before moving towards independent planning, nutritional analysis, food science and complex practical outcomes. The curriculum supports literacy, numeracy, personal development, cultural capital and preparation for KS4 Hospitality and Catering.

Implementation

Lessons combine theory and practical learning. Retrieval practice, modelling, demonstrations, adaptive teaching, SEND support and regular assessment are embedded. Pupils are given opportunities to evaluate products, reflect on their learning and apply knowledge to increasingly challenging practical outcomes.

Impact

By the end of Key Stage 3, pupils are confident in a range of food preparation skills, understand healthy eating principles, can evaluate food products and are prepared for progression into KS4 Hospitality and Catering and independent living.

Curriculum Journey

Year 7	Year 8	Year 9	KS4 Progression
Food safety, hygiene, knife skills	HACCP, bread making, food provenance	Food science, energy balance	Hospitality & Catering Unit 1
Eatwell Guide and nutrition	Food labels and allergens	Macronutrients and micronutrients	Hospitality & Catering Unit 2
Basic practical skills	Developing independence	Advanced practical skills	Controlled assessment preparation

Year 7 Overview

Year 7 focuses on building confidence in the kitchen. Pupils learn personal hygiene, food safety, washing up procedures, knife skills, sensory analysis, fruit and vegetable preparation, healthy eating and the Eatwell Guide. Practical outcomes include pizza toast, fruit fusion, couscous salad, cookies, crumble, muffins, flapjack and shortbread.

Knowledge:

- Food hygiene and safety
- Healthy eating and nutrition
- Provenance and seasonality
- Sensory analysis
- Basic food science

Skills:

- Bridge and claw grip
- Weighing and measuring
- Peeling, chopping and slicing
- Following recipes
- Evaluating products

Year 8 Overview

Year 8 develops independence and extends practical competence. Pupils explore HACCP, food contamination, bread making, provenance, food waste, seasonal food, food labelling, allergens, nutritional analysis and presentation skills.

Practical outcomes include:

- Pasta salad
- Bread rolls
- Fajitas
- Banana cake
- Cheesecake
- Focaccia
- Curry

- Anzac biscuits

Knowledge:

- Food safety systems
- Food labels and legislation
- Digestion and nutrition
- Food choice factors
- Energy requirements

Skills:

- Bread making and shaping
- Independent preparation
- Nutritional analysis
- Product presentation
- Sensory evaluation

Year 9 Overview

Year 9 prepares pupils for KS4 study. Students investigate food poisoning bacteria, food science, raising agents, energy balance, sustainable diets, protein alternatives, macronutrients, micronutrients and special diets.

Practical outcomes include:

- Chilli
- Calzone
- Apple cake
- Jaffa cakes
- Pastry products
- Vegetarian and vegan dishes

Knowledge:

- Food science
- Sustainable diets
- Nutritional requirements
- Special dietary needs

Skills:

- Independent planning
- Complex practical techniques
- Nutritional evaluation
- Advanced presentation and finishing

Assessment Strategy

Assessment is ongoing and includes retrieval quizzes, practical observations, knowledge checks, self-assessment, peer assessment and end-point practical tasks. Students receive verbal and written feedback to support progress.

Literacy Across the Curriculum

Students develop subject-specific vocabulary, read recipes, complete evaluations, use technical terminology and engage in discussion activities. Tier 2 and Tier 3 vocabulary is explicitly taught and revisited.

Numeracy Across the Curriculum

Numeracy skills include weighing, measuring, ratio, scaling recipes, timing, temperature control, portioning and costing.

SEND and Adaptive Teaching

Lessons are designed to be accessible through visual demonstrations, step-by-step instructions, scaffolded resources, adaptive equipment, support staff and differentiated outcomes.

Cultural Capital

Students experience a range of cuisines and food traditions from around the world. They learn about food provenance, sustainability, ethical food production and hospitality careers.

Careers and Future Pathways

Food Preparation and Nutrition supports progression into Hospitality and Catering, catering apprenticeships and careers including chef, baker, nutritionist, food technologist, hospitality manager and environmental health officer.

Preparation for KS4

The Key Stage 3 curriculum provides a strong foundation for WJEC Hospitality and Catering by developing food safety knowledge, practical competence, nutritional understanding, planning skills and evaluation techniques.

KS4 WJEC Level 1/2 Hospitality and Catering **Long-Term Plan (Years 10–11)**

Year 10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 1: Hospitality & Catering Providers Commercial/non-commercial provision Service types Job roles Basic practical skills	Unit 1: Working in the Industry Contracts Employment Remuneration Environmental issues Media influence	Unit 1: How Providers Operate Front & back of house Equipment Documentation Customer requirements	Unit 1: Health & Safety and Food Safety COSHH HASAW A RIDDOR HACCP Food poisoning Food-induced ill health	Unit 2 Foundation Knowledge Nutrition Macro & micronutrients Life stages Special diets Cooking methods	Unit 2 Foundation Skills Food preparation Presentation Advanced practical skills Menu adaptation Independent cooking

Key Year 10 Practical Progression

Basic → Medium → Complex skills including knife skills, preparation methods, cooking methods, food safety, presentation, time management and independent working.

Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Unit 2 Nutrition Nutritional needs Life stages Special diets Recipe adaptation	Unit 2 Menu Planning Customer requirements Costing Menu design Multi-component dishes	Controlled Assessment Preparation Analyse WJEC brief Research Trial dishes Time plans	Controlled Assessment Completion Final practical assessment Evaluation Portfolio completion	Unit 1 Revision & Exam Preparation Mock exams Past papers Exam technique Retrieval practice

Year 11 Practical Skill Expectations

Julienne, brunoise, filleting, deboning, laminating, piping, aeration, emulsification, poaching, tempering, caramelisation, deep-fat frying and professional presentation skills.