



Department Intent: "To develop students' curiosity within the kitchen and inspire the love of cooking, enabling students to confidently prepare and cook healthy dishes which can be implemented into everyday life. Students are encouraged to stretch their practical abilities and develop their knowledge of Foods links to Sustainability, Health and other Social and Economic Factors, setting them up for a career within the ever growing Food industry"



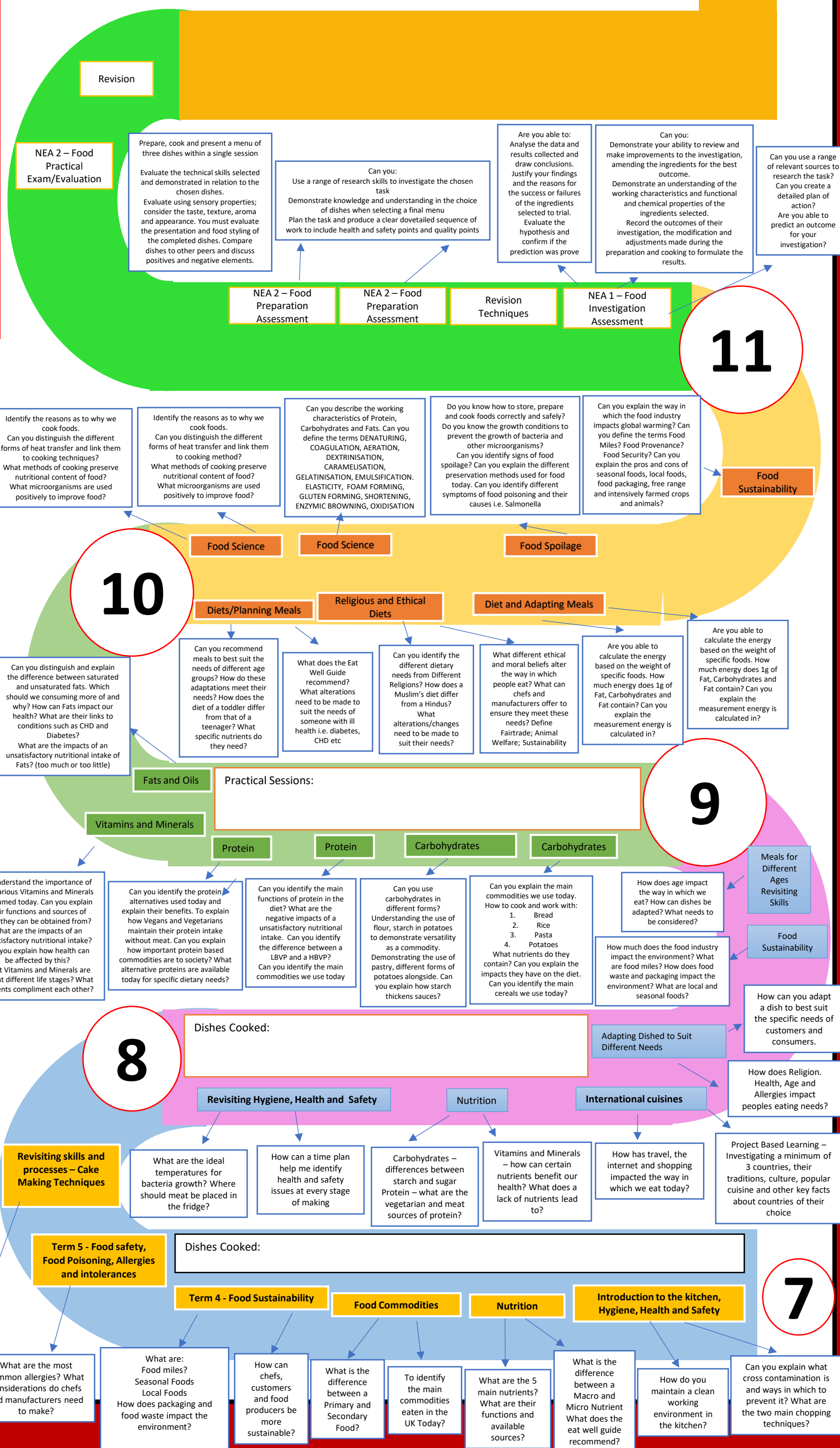
- Mastery at Year 11**
- Understand and Define Key Terms
 - Confidently and competently investigate the working characteristics of the macro nutrients and their chemical and functional properties
 - Plan, prepare, cook and serve 3 dishes in 3 hours linked to a chosen brief showcasing high level skills, hygiene and health and safety procedures
 - Be able to confidently evaluate, analyse and explain key issues surrounding the food industry
 - Identify the scientific processes proteins, carbohydrates and fats go through during the preparation and cooking of foods
 - Identify a comprehensive range of impacts the food industry has on Sustainability
 - Competently understand how different dietary needs impact food intake
 - Know and understand in detail the Macro and Micro Nutrients available today
 - Competently explain how cooking impacts the food we eat.

- Mastery at Year 10**
- Understand and Define Key Terms
 - Link practical and theoretical knowledge
 - Be able to chose, prepare, cook and present their own dishes independently, confidently demonstrating high level skills
 - Identify the scientific processes proteins, carbohydrates and fats go through during the preparation and cooking of foods
 - Identify a comprehensive range of impacts the food industry has on Sustainability
 - Competently understand how different dietary needs impact food intake
 - Know and understand in detail the Macro and Micro Nutrients available today
 - Competently explain how cooking impacts the food we eat.

- Mastery at Year 9**
- Understand and Define Key Terms
 - Link practical and theoretical knowledge
 - Be able to chose, prepare, cook and present their own dishes independently and confidently
 - Understand dietary requirements and how to adapt dishes
 - Understand both Macro and Micro Nutrients, their functions, sources and consequences of unsatisfactory intake
 - Understand food commodities and their importance in society
 - Identify the link between diet and health

- Mastery at Year 8**
- Understand and Define Key Terms
 - Link practical and theoretical knowledge
 - Demonstrate Cookery skills independently and confidently to a higher level
 - Have a stronger understanding of Key Nutrients, their functions and sources

- Mastery at Year 7**
- Understand and Define Key Terms
 - Link practical and theoretical knowledge
 - Demonstrate Basic Cookery skills independently and confidently.
 - Have a good understand of Key Nutrients, their functions and sources



Department Intent:



Mastery at
Year 13

13

Mastery at
Year 12

12

Mastery at
Year 11

11

Mastery at
Year 10

10

Mastery at
Year 9

9

Mastery at
Year 8

8

Mastery at
Year 7

7

Department Intent:



Mastery at Year 13

13

Mastery at Year 12

12

Mastery at Year 11

11

Mastery at Year 10

10

Mastery at Year 9

9

Mastery at Year 8

8

Mastery at Year 7

7