

BTHCC Food and Nutrition Curriculum 2021



“Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” We all know food is essential to life and in an ever increasingly busy world where everything seems possible, convenience foods are always readily available. However, it is more nutritious and often cheaper to cook simple, delicious food. Eating a healthy balanced diet can help to prevent diet-related illness and will give you all of the energy and nutrients you need to keep active and maintain a healthy weight. Pupils who study Food and Nutrition will draw from their own experience and knowledge of the world around them, they will develop the practical skills necessary to feed themselves and their family (present and future), they will consider not only their own needs, but the needs of those around them, as well as an awareness of how the choices they make in relation to food can have an impact on the stewardship of the world around us. The subject will give pupils an opportunity to show their creativity and give them a sense of achievement on a week by week basis.



Principles of Nutrition			Food Science			
Diet and Good Health			Factors affecting Food Choice			
Food Hygiene and Safety			Food Provenance			
Food Preparation and Cooking						
	HT 1	HT 2	HT 3	HT 4	HT 5	HT 6
YEAR 7	Intro to Food and Nutrition Healthy Eating	8 Tips for Healthy Eating (Part 1) <i>Don't skip breakfast</i> <i>Eat less saturated fat</i>	8 Tips for Healthy Eating (Part 2) <i>Eat less sugar</i> <i>Base meals on starchy carbohydrates</i>	8 Tips for Healthy Eating (Part 3) <i>Eat less salt</i> <i>Eat more fruits and vegetables</i>	8 Tips for Healthy Eating (Part 4) <i>Eat more fish</i> <i>Get active and stay hydrated</i>	Application of Healthy Eating Guidelines
	Food Hygiene & Safety Healthy Eating	Factors Affecting Food Choice <i>Vegetarian Diets</i> <i>Intolerances & Allergies</i>	Food Styling Special Diets <i>Medical & Stages of life</i>	Food Provenance <i>Fairtrade</i> <i>Seasonality</i> <i>Food Miles</i>	Food Provenance <i>Organic</i> <i>Food & Mood</i> <i>GM Foods</i>	Religious Diets
YEAR 8	International Cuisine	Food Science	Sensory Testing	Year 9 Food and Nutrition is on a half year rotation with Design Technology		
YEAR 9	International Cuisine	Food Science	Sensory Testing	Year 9 Food and Nutrition is on a half year rotation with Design Technology		

	HT 1	HT 2	HT 3	HT 4	HT 5	HT 6
YEAR 10	Food, Nutrition & Health <i>Macronutrients</i>	Food, Nutrition & Health <i>Micronutrients</i>	Food, Nutrition & Health <i>Nutritional Needs and Health</i>	Food, Nutrition & Health <i>Nutritional Needs and Health</i>	Functional & Chemical Properties of Food	Food Choice
	Food Investigation <i>NEA 1</i>	Food Preparation Assessment <i>NEA 2</i>	Food Preparation Assessment <i>NEA 2</i>	Cooking of Food & Heat Transfer	Food Spoilage and Contamination	British & International Cuisine <i>Mock NEA2</i>
YEAR 11	Food Investigation <i>NEA 1</i>	Food Preparation Assessment <i>NEA 2</i>	Food Preparation Assessment <i>NEA 2</i>	Food Provenance	Revision & Exam Technique	