

Tudor Grange Academy Solihull

CURRICULUM MAP

FOOD

3 KEY STAGE		AUTUMN	SPRING	SUMMER
Y7		• Kitchen safety • The Eatwell Guide • Seasonality • Food miles • Omelette • Fruit salad	• Reducing food miles • Food banks • Food packaging • Sleep • Heart health • Fruit crumble • Fajitas	• Oral hygiene • Gut health • Special diets • Chicken curry • Ratatouille • No oven pizza
	Y8	• Flatbreads • Hummus • Rock cakes • Mediterranean salad • Butternut squash soup • doughballs	• Sweet & sour chicken • Spiced fruit cake • Pancakes • Mac & cheese • Sper fast healthy noodles • Breakfast bars	• Bread & butter pudding • Dhaal • Speedy nachos • Meat balls & tomato sauce • Risotto • Oreo truffle
	Y9	• Dietary guidelines • 8 tips of healthy eating • Macronutrients • Poached egg & fanned avocado • Chicken goujons & BBQ sauce • Focaccia bread	• Micronutrients • Vitamin A,B,C,D,E,K, calcium & iron • Fibre & water • Fresh pasta & tomato sauce • Swiss roll	• Factors affecting food choice • Food labelling • Homemade burger • Pizza
New spec		AUTUMN	SPRING	SUMMER
	Y10	• Fruit & vegetables • Milk & dairy	• Cereals • Meat & fish	• Fats • NEA mock
	Y11	• NEA1-Begin the science investigation. Scientific investigation carrying out 3 experiments including a hypothesis & evaluation	• NEA2-Begin the food investigation. Research, prepare and cook 3 dishes demonstrating technical skills.	• Revision in preparation for the written exam. Summary of year 10 content
Y12				
5 KEY STAGE				
Y13	N/A			