

Curriculum Topics Studied At Springfield

| Food | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Year 7 | A rotation of the following topics/activities: COOKING & NUTRITION Introduction to food – health and safety and hygiene, dips and dippers, use of equipment, vegetable cous cous, the eat well plate, basic scones, nutrition – sugar, fruit smoothies, breakfast bars, hot pastry. | | | | | |
| Year 8 | A rotation of the following topics/activities: DIET & HEALTH Health, safety and hygiene, scone based pizza, product research, nutrition – ingredient choice, recipe modification, assessment – adaption of the basic white sauce, starch, fajitas, stir fry and burgers. | | | | | |
| Food Preparation & Nutrition Year 9 | Disassemble product profiling, modification of basic recipes, introduction to bread (origin, type, preparation), show stopping pizza, introduction to pastry (skill level, type, preparation), planning and creating a savoury flan, sustainability and food miles, where in the world, multicultural cuisine. Presentation techniques, health, safety and hygiene, culinary terms, pastry, sauces, pasta, cake making methods, bread, churros, exploring dairy | | | | | |
| Food Preparation & Nutrition Year 10 | Skills based: <ul style="list-style-type: none"> • Pupils will prepare: chicken ballotine, patties, curry and soup • They will undertake a mock task 1 • Further testing of ingredients • Understanding fish, meat, vegetables and specialist skills | | | | | |
| Catering – 2016/17 last year Year 11 | Afternoon tea controlled assessment (20%) International controlled assessment (40%) Paper exam (40%) | | | | | |
| Food Preparation & Nutrition – from 2017/18 Year 11 | Investigation task 1 (15%) Food preparation task 2 (35%) Paper exam (50%) | | | | | |