

What is our curriculum intent?

The intent of our **Food** curriculum is to develop pupils' nutritional knowledge, technical skill and understanding of the hospitality industry through a coherent, evidence-informed sequence that builds visual literacy, curiosity and confidence for all learners. This intent ensures that pupils know more, remember more, and can apply their learning with increasing independence and produce high-quality dishes.

The curriculum aims to enable students:

- Develop strong foundations in the government guidelines of healthy eating – The Eatwell guide.
- Teach pupils how nutrients affect the body
- Build secure **technical competence** across key skills in food preparation
- Develop pupils' ability to evaluate their dishes and identify improvements
- Broaden pupils' **cultural and historical understanding** through sustained engagement with cuisines from different cultures
- Encourage **creativity, experimentation and personal interpretation** while maintaining high expectations and clear structure.
- Ensure all pupils experience the **full richness of the subject**, with adaptations that remove barriers without reducing ambition.
- Prepare pupils confidently for the **technical and independent demands of WJEC Hospitality & Catering** and wider creative pathways.

The Spiral Curriculum:

Food | Key Concepts

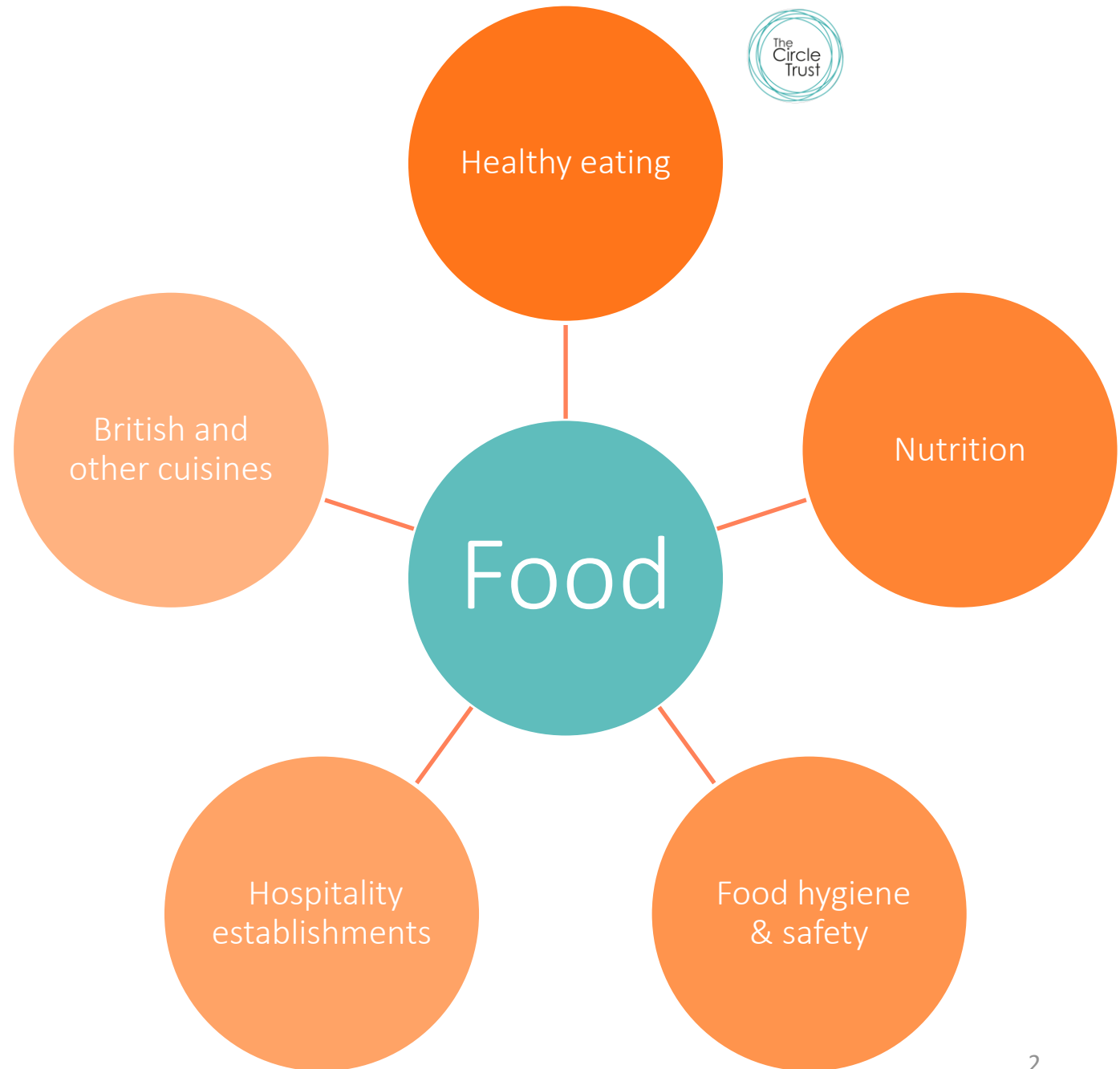
Each concept is revisited with increasing depth across Years 7 to 11.

Each Big Idea is introduced through clear and accessible concepts, secured through deliberate retrieval practice and strengthened through progressively more challenging practical applications, investigation and critical thinking. This approach enables pupils to develop secure knowledge of food, nutrition and hospitality, understand how food choices and culinary practices impact individuals and society, and acquire the disciplinary habits needed to think critically about food and catering.

Through practical experiences and theoretical learning, pupils develop the skills to plan, prepare and evaluate dishes, apply nutritional principles, manage food safety and consider environmental, cultural and ethical influences on food provision. Learning is rooted in real-world contexts, enabling pupils to make informed decisions as consumers, cooks and future members of the hospitality industry.

Through this carefully sequenced and inclusive curriculum design, pupils build a durable, transferable and food-literate understanding of nutrition, food preparation and hospitality. They develop the knowledge, confidence and practical competence required to meet the demands of Key Stage 4 Hospitality and Catering qualifications and to make positive contributions to their own health and wellbeing beyond school.

The Food and Nutrition Learning Pathway demonstrates how the key concepts of healthy eating, nutrition, food science, food provenance, sustainability, food safety, consumer awareness, practical skills and hospitality principles underpin each area of learning. These concepts are revisited through a spiral curriculum, building on prior knowledge, extending current understanding and promoting connected learning from Key Stage 3 into Key Stage 4 Hospitality and Catering.



The Spiral Curriculum: Key Stage 3

Food I Spine



A curated spine of food

A curated spine running from key stage 3 & 4 including knowledge and practice of hygiene & safety, developing practical skills, learning about the importance of healthy eating and nutrients in the diet.

Each strand is revisited with increasing challenge, building secure foundations for KS4 Hospitality and Catering.

	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 7 Foundation Year	Hygiene and safety The 4 C's Knife skills - salsa Using the hob Fruity flapjack	Using the cooker The Eatwell guide Using the grill – pizza toasts	British cuisine Scones	Italian cuisine Pasta Napoletana	Spanish cuisine Frittatas	Safe handling of food & Food poisoning Chicken Goujons
Year 8 Deepening Knowledge	Health & safety recap Nutrients Savoury salad practical	Protein Daal Practical Carbohydrates Bread based pizza practical	Food provenance Food miles Apple crumble practical	Vitamins Savoury mince practical	Minerals All in one sauce – Mac n Cheese practical	Fats and oils Stir fry practical Muffins practical
Year 9 Securing and Extending	Introduction to Hospitality & Catering Introduction & street food Knife skills and hygiene Routines – chicken Caesar Salad practical	HACCP Quesidillas practical Food poisoning	Vegan chickpea curry Practical Allergies and intolerances Chickpea curry	Customer expectations Target market task – brunch Banana packages practical	Commercial provision Risotto	Food van design task Risotto Individual street food dish

The Spiral Curriculum: Key Stage 3

Food | Substantive Knowledge



	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 7	Hygiene and safety The 4 C's Using the hob	Using the cooker The Eatwell guide	British cuisine – ingredients, cooking methods, how climate affects food	Italian cuisine – Climate, history, religions and the effect on food. Eating patterns and courses	Spanish cuisine – Climate, history, religions and how it affects diet	Safe handling of food, bacteria needs & Food poisoning.
Year 8	Health and safety Nutrients – a general look at the 5 nutrients	Carbohydrates – function, source and effects Protein – function, source and effects	Food provenance The environmental impact of food. Food miles and how to reduce them	Vitamins – function, sources and effects	Minerals – function, sources and effects	Fats and oils - function, sources and effects
Year 9	Introduction to Hospitality & Catering Introduction Health and safety recap	HACCP – hazards in the kitchen and how to control them. The EHO and how they stop hazards The food pathogens	Allergies and intolerances and how they affect customer choice and health	Customer choice and expectation Introduction to the Hospitality style NEA	Commercial provision and how to make money/meet the needs of the customer	Planning – a street food dish to meet the needs of a customer

The Spiral Curriculum: Key Stage 3

Food | Disciplinary and Skills



	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 7	Knife skills & washing up effectively – salsa practical Using the hob & oven – fruity flapjack practical – temperature control	Using the grill – pizza Toasts practical that matched the Eatwell guide Recap cleaning procedures Christmas practical – decorating cake task	Recap using the oven & turning it on. Rubbing in method – British dish - scones practical Italian dish- Pasta Napoletana – recap knife safety, hob control, adjusting seasoning	Spanish dish – Frittatas. Introduction of high-risk foods, coagulation of protein.	Safe handling of food practical – chicken goujons. Red chopping boards, temperature probes, cooling to control bacteria	No bake practical – hot weather issues. Rocky road & no bake energy bars
Year 8	Recap knife safety, procedures in the food room – savoury salad	Protein practical that matches the Eatwell guide – daal practical	Carbohydrates practical – bread-based pizza. Making bread dough, toppings based on pizza toasts	Vitamins practical – peeling & stewing fruit. Recap knife safety & baking	Minerals – All in one white sauce – macaroni cheese practical reaping grilling 'au gratin'	Healthy fats practical – stir fry Muffins practical – all in one method – lower sugar fat recipe with fruit – more in line with the Eatwell guide.
Year 9	Chicken Caesar salad – recap chicken handling, preparation & temperature probes.	HACCP practical – quesadillas – knife safety, frying Falafels practical – mashing & shaping	Allergies & intolerance practical – vegan chickpea curry using coconut milk	Egg fried rice practical – street food & food waste – using leftovers link to environment Scotch pancakes – frying, making a batter, temperature control of hob, readiness of cooking	Street food rice dish - Risotto, jambalaya – making a stock	Street food cheesecake practical – choose biscuit base, filling flavour, decoration/topping to appeal to customers

The Spiral Curriculum: Key Stage 3

Food | Assessment



	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 7	Informal practical assessment: Knife skills – check understanding of the claw and bridge hold, kitchen hygiene through Q&A & practical monitoring	Monitor use of the grill,. Check understanding and monitor use in practical lessons	Monitor use of the hob & cooker. Q&A and monitor use in practical lessons.	Written assessment on the Eatwell guide and kitchen equipment	Practical assessment – goujons – correct handing, knife skills, chopping boards, temperature probing and hygiene	Q&A and written tasks to check understanding of bacteria and temperatures.
Year 8	Informal practical assessment: Knife skills – check understanding of the claw and bridge hold, kitchen hygiene through Q&A & practical monitoring	Q&A and tasks to check knowledge of nutrients and protein	Practical assessment – hygiene & safety, knife skills, dough making and baking/testing for readiness	Written assessment – multiple choice & theory test	Questions on minerals – self assessed in books	Q&A in theory lesson to check understanding of fats and what happens if too many unhealthy fats are consumed.
Year 9	Food practical assessment – chicken Caesar salad. Practical test – food hygiene & safety, correct chopping boards, temperature probe use	Practical evaluation of quesadillas & HACCP chart	Questions to check understanding of allergies. Self assessed	Q&A in theory lesson to check understand. Practical skills monitored,	Monitor practical skills, food hygiene, heat control.	Milestone task – cheesecake challenge. Students to design and make an interesting cheesecake that could be sold in a van.

The Spiral Curriculum: Key Stage 4

Hospitality and Catering | Spine



	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 10	Introduction to Hospitality & Catering – Industry structure, health and safety, food hygiene, knife skills and basic food preparation.	Hospitality Careers and Core Practical Skills – Job roles, kitchen brigade, types of service, pastry, bread, sauces and baking skills.	Food Safety and Nutrition – HACCP, the Environmental Health Officer, healthy eating, dietary guidelines and nutritional needs.	Meeting Customer Needs – Special diets, customer demographics, food groups, hospitality operations and fresh pasta production.	Sustainability and Food Production – Seasonal foods, environmental issues, food waste, allergens, meal planning and food commodities.	Professional Food Preparation – Cooking methods, risk assessment, temperature control, poultry preparation and advanced practical dishes.
Year 11	Recap of food hygiene and safety including bacteria, temperatures, safe handling of food, food poisoning	NEA introduction – Design brief, nutrients, research	NEA planning, practical and evaluation	Revision for unit 1 exam in May	Revision	

The Spiral Curriculum: Key Stage 4

Hospitality and Catering | Substantive Knowledge



	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 10	- Hospitality industry and careers - Food safety and hygiene	- Hospitality careers - The kitchen brigade - Types of service	- Food service - HACCP - EHO - The Eatwell guide	- Special diets - Customer demographics - Food groups - Hospitality operations	- Seasonal foods - Environmental issues - Food waste - Allergens - Meal planning - Food commodities.	- Cooking methods - Risk assessment - Temperature control
Year 11	- Bacteria and food poisoning recap - Food hygiene and safety	- Macro and micronutrients recap - Introduction to NEA task (60 % of final grade)	Research for NEA task	- NEA planning - NEA evaluation	Revision WJEC unit 1 (for exam 40 % of final grade)	

The Spiral Curriculum: Key Stage 4

Hospitality and Catering | Disciplinary and Skills



	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 10	Safe working practices, personal hygiene, knife skills, peeling, slicing, julienne, weighing and measuring, preparing fruit and vegetables, safe handling of raw poultry, basic presentation skills. <i>(Julienne carrots, Chicken Caesar Salad)</i>	Bread making, yeast doughs, soup production, creaming method, meat preparation, sauce making, pastry making, blind baking, rough puff pastry, lamination, whisking method, organisation and time management. <i>(Bread, Soup, Victoria Sandwich, Tortilla Wraps, Fajitas, Roux Sauce, Quiche, Rough Puff Pastry, Sausage Rolls, Jambalaya, Chocolate Log)</i>	Dough shaping, seasoning, stir-frying, vegetable preparation, recipe adaptation for dietary needs, rubbing-in method, balanced meal production. <i>(Flatbreads, Koftas, Stir Fry, Cottage Pie, Free-from Cookies, Katsu Curry)</i>	Portion control, burger shaping, yeast dough development, emulsification, fresh pasta production, use of specialist equipment (food processors and pasta machines), filled pasta techniques and presentation. <i>(Biscuits, Burgers, Pizza, Mayonnaise, Pasta Napoletana, Spinach & Ricotta Ravioli)</i>	Seasonal cookery, fruit preparation, custard making, stock preparation, meal planning, adapting recipes, selecting appropriate cooking methods, commodity knowledge. <i>(Seasonal Crumble & Custard, Seasonal Ramen, Blondies/Brownies, Jerk Potato & Black Bean Curry)</i>	Dry, wet and oil-based cooking methods, microwave cookery, safe poultry preparation, portioning, temperature control, risk assessment, presentation and evaluation of finished dishes. <i>(Halloumi Fries, Microwave Curry, Portioning Chicken, Butter Chicken, Chilled Dessert)</i>
Year 11	Safe working practices, personal hygiene, knife skills, peeling, slicing, julienne, weighing and measuring, preparing fruit and vegetables, safe handling of raw fish, meringues, tart and other high levels skills	(Research & planning time for NEA) Limited high skilled dishes made	NEA 3.5 hour practical exam Need to cover a range of cooking methods and include complex skills	Cooking as part of revision. E.g. make something suitable to serve of a buffet as part of types of service.		

The Spiral Curriculum: Key Stage 4

Hospitality and Catering | Assessment



	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 10	Tests on hygiene and safety Practical assessment – knife skills Exam questions at the end of a topic	End of topic test on the kitchen brigade Exam questions. Students to self assess Q&A to check understanding in lessons	End of topic test on HACCP and The role of the EHO Exam questions to check understanding	Mock exam Q&A in theory lessons Monitor skills in practical lessons	Topic test of seasonal food, environment and food waste. Exam questions – self assessed	Practical assessment = chicken portioning and butter chicken Q&A in theory lessons and monitor practical lessons
Year 11	Mock exams Practical assessment – hygiene and safety, knife skills and equipment.	NEA Task 1 in exam conditions Q&A in theory lessons	Q&A and do it now tasks to check understanding Planning, Practical and evaluation sections of NEA	Tests and exam questions as part of revision Q&A in theory lessons Google forms as topic tests.		