

The Polygon School 2025-2026

Food Studies

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Safe and hygienic practices for learner and kitchen</p> <p>Potential hazards and risks in the kitchen</p> <p>Minimising risk in the kitchen</p> <p>Safe and hygienic use of equipment and utensils</p> <p>Cook a variety of dishes to show understanding of</p>	<p>The purpose of food standards</p> <p>Where food comes from (food provenance)</p> <p>Food transportation and processing</p> <p>The purpose of food manufacturing</p> <p>Cook a variety of dishes to show understanding of food provenance</p>	<p>Understand that there are defined food groups</p> <p>The sources and functions of water in our diet</p> <p>The sources and functions of fibre in our diet</p> <p>Food and diet can create certain health conditions</p> <p>Cook a variety of dishes that would be suitable for</p>	<p>Allergies and intolerances</p> <p>Food labels</p> <p>Food choices</p> <p>Understanding a recipe</p> <p>To cook a prepare of dishes using a recipe and showing an understanding of an allergy or intolerance</p>	<p>Understanding a range of different cooking methods</p> <p>Planning a menu</p> <p>Evaluating completed dishes</p> <p>Understanding a range of cooking techniques</p> <p>To plan and cook a range of dishes</p>	<p>Understand how the seasons affect food</p> <p>Understand why some foods are unsuitable (food related health conditions)</p> <p>Understanding food allergies</p> <p>To prepare and cook a range of dishes using seasonal produce</p>

	safe and hygienic practices		specified dietary requirements			
Year 8	<p>Understand how to work safely and hygienically in the kitchen</p> <p>Understanding potential risks and how to minimise those risks</p> <p>Understanding how to use equipment and utensils safely and hygienically</p> <p>Prepare a variety of dishes in a safe and hygienic way</p>	<p>The main food groups according to the Eatwell Guide</p> <p>Balanced diet using the different proportions of the food groups</p> <p>UK government healthy eating tips</p> <p>The main nutrients, vitamins and minerals, water and fibre</p> <p>Cook a variety of dishes to show features of a balanced diet</p>	<p>Understand why food is manufactured and the advantages and disadvantages of this</p> <p>Understand food provenance</p> <p>Understand why food is processed</p> <p>Prepare a variety of recipes using manufactured foods</p>	<p>Social and environmental factors when choosing food</p> <p>Ingredients have certain functions in recipes</p> <p>Understand that there are a variety of skills/techniques necessary for cooking from a recipe</p> <p>Understand that recipes are sequential</p> <p>Prepare a variety of dishes using recipes</p>	<p>Range of cooking methods can impact on the nutritional contents of food</p> <p>Presentation skills</p> <p>Understand that my food can be evaluated to make improvements or changes</p> <p>Cook a range of dishes and complete an evaluation according to the brief/instructions</p>	<p>Understand why menu planning is important</p> <p>Understand the stages of planning and cooking a dish</p>

<p>Year 9</p>	<p>Hazard Analysis and Critical Control Point</p> <p>Safe and hygienic working practices related to me in the kitchen</p> <p>Identify potential hazards and risks in the cooking environment</p> <p>Safe and hygienic working practices when using equipment and utensils</p> <p>Demonstrate a range of dishes showing safe and hygienic practices</p>	<p>Theory – NCFE Food and Cookery, unit one</p> <p>Health and safety relating to food, nutrition and the cooking environment</p> <p>Health and safety in the kitchen</p> <p>Risks and hazards</p> <p>Health and safety in practice</p> <p>Cook a range of dishes following a customer brief</p>	<p>Theory – NCFE Food and Cookery. Unit two, Food legislation and food provenance</p> <p>Chn will develop their understanding of food safety laws, food provenance and learn all about processed and manufactured food.</p>
<p>Year 10</p>	<p>Theory – NCFE Food and Cookery. Unit 4 - Factors affecting food choice</p> <p>A wide range of factors affects the foods individuals choose to eat. Learning about some of these factors. Looking at how these</p>	<p>Theory – NCFE Food and Cookery. Unit 5 - Food preparation, cooking skills and techniques</p>	

	<p>factors influence the food we buy, prepare and cook.</p>	<p>This content area will focus on the function of ingredients and the stages and purpose of a recipe when food is prepared and cooked. Learning about the importance of practice and reflection and how this relates to a dish of a high standard that can be replicated over time.</p>	
<p>Year 11</p>	<p>Theory – NCFE Food and Cookery. Unit 6 - Recipe amendment, development and evaluation</p> <p>When planning meals for others, consider a range of factors people, ensuring the food they eat meets not only dietary needs but is also sensually appealing to consume.</p>	<p>Theory – NCFE Food and Cookery. Unit 7 – menu and action planning for completed dishes</p> <p>This unit includes being able to create action plans with detailed timelines. Planning dishes to suit a given brief that includes thought out sensory and visual presentation</p>	<p>Revision – looking about at all seven units, filling gaps and practice papers.</p>