

The Polygon School 2025-2026

Food Studies

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

Year 8	Understand how to work safely and hygienically in the kitchen Understanding potential risks and how to minimise those risks Understanding how to use equipment and utensils safely and hygienically Prepare a variety of dishes in a safe and hygienic way	The main food groups according to the Eatwell Guide Balanced diet using the different proportions of the food groups UK government healthy eating tips The main nutrients, vitamins and minerals, water and fibre Cook a variety of dishes to show features of a balanced diet	Understand why food is manufactured and the advantages and disadvantages of this Understand food provenance Understand why food is processed Prepare a variety of recipes using manufactured foods	Social and environmental factors when choosing food Ingredients have certain functions in recipes Understand that there are a variety of skills/techniques necessary for cooking from a recipe Understand that recipes are sequential Prepare a variety of dishes using recipes	Range of cooking methods can impact on the nutritional contents of food Presentation skills Understand that my food can be evaluated to make improvements or changes Cook a range of dishes and complete an evaluation according to the brief/instructions	Understand why menu planning is important Understand the stages of planning and cooking a dish
Year 9	Hazard Analysis and Critical Control Point Safe and hygienic working practices related to me in the kitchen Identify potential hazards and risks in	Theory – NCFE Food and Cookery, unit one Health and safety relating to food, nutrition and the cooking environment Health and safety in the kitchen Risks and hazards Health and safety in practice		Theory – NCFE Food and Cookery. Unit two, Food legislation and food provenance Chn will develop their understanding of food safety laws, food provenance and learn all about processed and manufactured food.		

	the cooking environment Safe and hygienic working practices when using equipment and utensils Demonstrate a range of dishes showing safe and hygienic practices	Cook a range of dishes following a customer brief	
Year 10	Theory – NCFE Food and Cookery. Unit 4 - Factors affecting food choice A wide range of factors affects the foods individuals choose to eat. Learning about some of these factors. Looking at how these factors influence the food we buy, prepare and cook.	Theory – NCFE Food and Cookery. Unit 5 - Food preparation, cooking skills and techniques 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.	
Year 11	Theory – NCFE Food and Cookery. Unit 6 - Recipe amendment, development and evaluation 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.	Theory – NCFE Food and Cookery. Unit 7 – menu and action planning for completed dishes 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	Revision – looking about at all seven units, filling gaps an practice papers.