

Food and Nutrition Curriculum Overview – Raedwald Trust Cross-Site

Curriculum Overview for Food and Nutrition		
CYCLE A: Autumn Term		
Subject Content	Introduction to Food and Nutrition	How Food Affects the Body and Mind
Core Knowledge	Students will learn essential routines and safety practices for working in a food room, including how to handle knives and woks safely. They will understand the importance of preventing cross-contamination and how to safely prepare and cook high-risk foods. Practical skills will include making fresh sauces, such as a pasta sauce, and mastering techniques like sautéing. By the end of the unit, students should be able to prepare and cook a dish safely and independently, demonstrating both confidence and competence in the kitchen.	Students will explore the cultural and historical significance of food, including its origins and wider context. They will learn about the nutritional benefits of key ingredients, such as how eggs support strength, fibre aids digestion, and certain spices and foods can help fight disease and improve mental health. The unit also covers the health benefits of vegetables and the advantages of homemade sauces. Throughout, students will develop an understanding of how to prepare and cook dishes safely and independently.
Key Skills	Students will develop a wide range of practical food preparation and cooking skills, including: • Knife Skills: Safe handling, dicing, slicing, and chopping techniques (e.g. dicing an onion). • Wrap Preparation: Making a filled wrap using a variety of preparation methods. • Stir Fry: Creating a flavoured stir fry using seasonal vegetables and protein. • Coating and Cooking: Breadcrumbs and safely cooking chicken.	Students will build a diverse set of practical cooking skills, including: • Preparing a flavoured rice dish and a savoury batter mixture. • Chopping, slicing, and ribboning a variety of vegetables. • Making noodle soup and a flavoured broth using aromatic ingredients. • Learning how to cook and spice potatoes effectively. • Creating a stir fry dish from scratch, applying previously learned techniques.

Food and Nutrition Curriculum Overview – Raedwald Trust Cross-Site

	• Fresh Accompaniments: Making a fresh salsa and homemade nacho chips. • Sauce Making: Preparing a fresh sauce from scratch. • Safe Cooking Techniques: Cooking a range of ingredients safely and hygienically. • Independent Cooking: Preparing and cooking a complete dish independently, demonstrating confidence and control.	• Making and shaping a basic biscuit dough and decorating products to suit a theme. • Safely cooking a range of ingredients, with increasing independence and confidence.
--	--	--

CYCLE A: Spring Term		
Subject Content	Alternatives to Processed Foods	Food as Medicine?
Core Knowledge	Students will explore the differences between fresh and processed foods, including comparisons between homemade and premade pizzas, curries, sauces, and breads. They will learn about the origins of popular dishes and how simple, fresh ingredients can be used to create nutritious meals. The unit also covers the health implications of ultra-processed foods, such as added sugars in sauces and the use of low-quality meats. Additionally, students will understand the health benefits of spices and develop the knowledge needed to prepare and cook dishes safely and independently.	Students will explore how food supports both physical and mental wellbeing. They will learn how herbs and vegetables aid in body repair, and how fish contributes to brain development. The unit also highlights the historical role of fishing in Ipswich, connecting local heritage to food education. Students will understand how food choices can impact mental health and how maintaining physical health supports emotional wellbeing. Additionally, they will explore sustainable practices such as using off-cuts in cooking and understanding the concept of food miles. Basic ingredient knowledge, such as the components of pasta, will also be covered.

Food and Nutrition Curriculum Overview – Raedwald Trust Cross-Site

Key Skills	Students will gain hands-on experience with a variety of practical cooking techniques, including: • Making a fresh yeasted dough and shaping it with added flavours. • Preparing a homemade sauce, including both yeast-based and starch-based varieties. • Creating a savoury pastry from scratch. • Cooking a fresh, healthy curry using whole ingredients and spices. • Preparing a high-protein meal with attention to nutritional balance. Safely cooking a range of ingredients, reinforcing independence and kitchen safety.	Students will enhance their practical cooking abilities through a variety of hands-on tasks, including: • Making a yeasted dough and a fragrant filling. • Preparing and breadcrumbing fish for cooking. • Creating a brain-friendly breakfast dish. • Making fish cakes and pancakes from scratch. • Designing and assembling their own smørrebrød (open-faced sandwich). • Preparing and shaping fresh pasta.
------------	---	---

CYCLE A: Summer Term		
Subject Content	Food for the Season	Careers in Food and Nutrition
Core Knowledge	Students will explore the benefits of reducing meat consumption and how to replace meat with plant-based alternatives such as tofu and soya. They will learn about the concept of seasonality and why eating seasonal, and local ingredients, is beneficial for health,	Students will gain insight into the food and hospitality industry, including what it means to be a chef and the various roles within hospitality and event catering. They will learn key culinary concepts such as how Yorkshire puddings rise, what shortening is, and how to enhance flavours. The unit also covers practical knowledge like

Food and Nutrition Curriculum Overview – Raedwald Trust Cross-Site

	the environment, and the economy. The unit also highlights how simple, locally sourced ingredients can be used effectively, even in international dishes, promoting sustainability and creativity in cooking.	accurate batch preparation, successful canapé making and presentation, and understanding the roles of farmers and food producers. Additionally, students will explore pathways for progression in the food industry, building awareness of career opportunities and professional standards.
Key Skills	Students will develop a variety of advanced cooking techniques, including: • Making a vegetable lasagna from scratch, including sauce and layering. • Preparing yeasted bread using seasonal ingredients. • Poaching an egg and cooking asparagus to perfection. • Creating a spice marinade and cooking tofu as a meat alternative. • Making a low food mile ramen, using local and sustainable ingredients.	Students will refine their advanced culinary skills through a variety of creative and technical tasks, including: • Making a Yorkshire pudding canapé and a mini filled taco. • Preparing different types of pastry: sweet shortcrust, choux, and filo. • Creating visually appealing dishes such as bruschetta and filo tarts. • Applying and combining skills learned throughout the year to design and produce a new, original product.

CYCLE B: Autumn Term		
Subject Content	Introduction to Food and Nutrition	Introduction to Food and Nutrition
Core knowledge	Students will be introduced to essential food preparation techniques and foundational nutrition	Students will deepen their understanding of food science, nutrition, and cultural influences on cooking. They will explore the role of

Food and Nutrition Curriculum Overview – Raedwald Trust Cross-Site

	knowledge. They will learn safe knife handling through the bridge and claw techniques and explore the differences between simple and complex carbohydrates. The unit covers the science of bread-making, including the role of gluten and what causes bread to rise. Students will compare homemade vs. processed sauces, fresh vs. store-bought pizzas, and fresh vs. takeaway meals, focusing on additives and processed ingredients. Additionally, they will understand the importance of food presentation, including elements like height, colour, and arrangement, to enhance the appeal of dishes.	yeast in bread making, the digestive benefits of yogurt and fresh herbs, and the environmental impact of meat consumption. Key food safety concepts such as cross-contamination, avoiding food poisoning, and preserving fruit will be covered. Students will also learn about seasonality, migration's influence on food culture, and the origins and ingredient functions in celebration biscuits. Practical knowledge includes understanding shortening in pastry, managing multiple cooking elements simultaneously, and refining the presentation and detail of dishes to show progression in culinary skill.
Key Skills	Students will build foundational food preparation and cooking skills, including: • Knife skills: Dicing, slicing, and ribboning a variety of fruits and vegetables, including finely dicing onions. • Sauce making: Creating a homemade sauce from scratch. • Dough preparation: Making and shaping pizza dough and producing an identical batch of dough balls. • Flavour enhancement: Making a flavoured butter to complement dishes. • Shaping and rolling: Practising consistent shaping and rolling techniques.	Students will continue to build and refine their practical cooking skills, including: • Preparing sauces using fresh herbs and homemade sauces from scratch. • Making and cooking meatballs safely and preparing a healthy sweet snack. • Using pastry techniques: making shortcrust pastry, encasing fillings, and rolling, shaping, and crimping. • Preserving fruit through stewing. • Practising bread-making skills, including rolling, shaping, and cooking pita bread. • Preparing and decorating biscuit dough to fit a theme.

Food and Nutrition Curriculum Overview – Raedwald Trust Cross-Site

	Food safety: Preparing and cooking chicken safely and hygienically.	Improving dishes by applying individual skills and mastering savoury cooking techniques, including the safe preparation of meat.
--	---	--

CYCLE B: Spring Term		
Subject Content	Street Foods	Breakfast Dishes
Core knowledge	Students will explore the global appeal of street food, understanding why it is so popular and how it can be adapted to form part of a healthy diet. They will investigate fusion foods and how food migration has influenced the way we eat, particularly the significance of Indian cuisine in UK food culture. The unit also covers the impact of meat production on the environment, the health benefits of spices, and how our senses influence taste. Additionally, students will develop the ability to follow a basic time plan and self-manage their time when preparing food.	Students will explore the nutritional and cultural importance of breakfast. They will learn how breakfast impacts concentration and mood, and why a larger breakfast may be more beneficial. The unit covers the nutritional value of eggs, including the different parts of an egg, and the origins of baked beans. Students will understand the role of fibre and dried fruit in digestion, and examine the sugar content in breakfast bars. They will also compare breakfast traditions from other cultures, and learn how a Full English breakfast can provide a balanced range of nutrients. Finally, they will explore grilling as a healthy cooking method.
Key Skills	Students will apply and extend their practical cooking and evaluation skills through a variety of creative and technical tasks, including: Conducting sensory analysis of street foods and suggesting product adaptations.	Students will develop a range of practical cooking and preparation skills, including: - Making a homemade condiment and baked beans from scratch. - Grating and shaping potatoes to make rosti.

Food and Nutrition Curriculum Overview – Raedwald Trust Cross-Site

	• Making a shaped baguette with a fragrant filling. • Designing and preparing their own street food dish, such as a taco from scratch. • Making and cooking meat patties and a batch of burger buns. • Marinating and cooking chicken, and preparing an oven-baked bhaji. • Independently creating a final product using a combination of previously taught skills.	• Preparing and cooking crumpets, scrambled eggs, and poached eggs. • Making tortilla wraps and a flavoured sauce to accompany dishes. • Accurately weighing and measuring ingredients. • Producing a batch of baked products. • Demonstrating the ability to multitask by preparing multiple elements simultaneously.
--	---	--

CYCLE B: Summer Term		
Subject Content	Economy Gastronomy	Economy Gastronomy - Picnics
Core knowledge	Students will explore how to cook nutritious and affordable meals using everyday and leftover ingredients. They will learn what staple foods are and how to use them creatively, such as making savoury fillings or soups. The unit covers the nutritional roles of protein and calcium, the benefits of potatoes, and why pasta is a widely consumed food. Students will also understand how flour thickens sauces, the origins of couscous, and why some cuts of meat are more affordable. Additionally, they will learn what a	Students will explore the appeal and practicality of picnic foods, including why food can taste better outdoors. They will learn the science of yeast in bread-making, the qualities of effective sandwich fillings, and how to reuse and flavour leftover potatoes. The unit covers the importance of fat in pastry, the nutritional value of eggs, and why vegetarian mince can be a flavourful alternative. Students will also compare homemade vs. factory-made Scotch eggs, understand how puff pastry rises, and revisit the concept of seasonality. Additionally, they will develop planning

Food and Nutrition Curriculum Overview – Raedwald Trust Cross-Site

	marinade is and how it enhances flavour and tenderness in cooking.	skills, learning how to prepare two products at once and manage their time effectively in the kitchen.
Key Skills	Students will strengthen their practical cooking techniques through a variety of hands-on tasks, including: • Knife skills: Slicing and dicing a range of vegetables with precision. • Preparing dishes such as fresh soup, potato omelette, and fresh pasta bake. • Making a roux sauce and learning to boil and mash potatoes. • Controlling heat when using frying pans and grills to achieve desired textures and flavours. • Cooking and flavouring couscous, and using heat to alter sensory properties of ingredients. • Shaping and breadcrumbing food items for texture and presentation. • Marinating chicken thighs to enhance flavour and tenderness.	Students will strengthen their practical cooking techniques through a variety of hands-on tasks, including: • Developing their own recipe and producing a batch of a unique food product. • Baking skills such as making bread rolls and sausage rolls from scratch. • Preparing a delicious filling to complement savoury dishes. • Making a fresh potato salad using boiled potatoes and balanced seasoning. • Creating a seasonal decorative tart, focusing on presentation and flavour. • Hard boiling eggs with precision for use in salads or fillings. • Using breadcrumbs to add texture and improve the sensory qualities of dishes. • Planning and producing two different batches of food products to demonstrate variety and skill.