

## End Points

|            | Year 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| Term 1 & 2 | How can we become safe and confident cooks?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|            | <p>By the end of this unit, pupils will:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Demonstrate safe and hygienic working practices in the food room.</li> <li><input type="checkbox"/> Describe the importance of personal hygiene, the 4Cs and preventing food poisoning.</li> <li><input type="checkbox"/> Select and use basic kitchen equipment safely and accurately.</li> <li><input type="checkbox"/> Demonstrate fundamental preparation skills, including weighing, measuring and basic knife skills.</li> <li><input type="checkbox"/> Follow simple recipes using a range of basic cooking methods.</li> <li><input type="checkbox"/> Evaluate practical outcomes using appropriate sensory vocabulary against given success criteria and identify simple improvements based on evidence from the finished dish.</li> </ul> |
| Term 3 & 4 | How does cooking change food?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|            | <p>By the end of this unit, pupils will:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Describe how heating, mixing and preparation change food.</li> <li><input type="checkbox"/> Identify the function of common ingredients within recipes.</li> <li><input type="checkbox"/> Compare different cooking methods and their effect on texture, flavour and appearance.</li> <li><input type="checkbox"/> Apply food science knowledge during practical cooking and use results to inform evaluation.</li> <li><input type="checkbox"/> Describe the principles of healthy eating using the Eatwell Guide.</li> <li><input type="checkbox"/> Write a supported evaluation explaining how cooking methods influenced the finished dish using evidence from practical outcomes and success criteria.</li> </ul>                              |
| Term 5 & 6 | Where does our food come from and why does it matter?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|            | <p>By the end of this unit, pupils will:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Describe where common foods come from and how they are produced.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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|  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Identify the importance of seasonality and food provenance.</li> <li><input type="checkbox"/> Compare food choices using simple nutritional and environmental information.</li> <li><input type="checkbox"/> Describe how food waste affects the environment.</li> <li><input type="checkbox"/> Explain how food choices influence health and wellbeing.</li> <li><input type="checkbox"/> Write a supported justification for making healthier and more sustainable food choices using evidence and defined criteria.</li> </ul> |
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|               | Year 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| Term<br>1 & 2 | <b>How does cooking change food?</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|               | <p>By the end of this unit, pupils will:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Compare how different cooking methods affect the texture, flavour and appearance of food.</li> <li><input type="checkbox"/> Describe how heat transfer and ingredient functionality influence practical outcomes.</li> <li><input type="checkbox"/> Apply increasingly accurate practical techniques when preparing more complex dishes.</li> <li><input type="checkbox"/> Demonstrate safe handling of higher-risk ingredients.</li> <li><input type="checkbox"/> Evaluate practical outcomes using food science vocabulary against defined criteria.</li> <li><input type="checkbox"/> Write a supported evaluation explaining how scientific understanding improved a practical outcome using evidence from results and success criteria.</li> </ul> |
| Term<br>3 & 4 | <b>How can nutrition help us make healthier food choices?</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|               | <p>By the end of this unit, pupils will:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Describe the functions of the main nutrients and their role in maintaining health.</li> <li><input type="checkbox"/> Compare foods using nutritional information and food labels against healthy eating criteria.</li> <li><input type="checkbox"/> Analyse how cooking methods influence nutritional value.</li> <li><input type="checkbox"/> Suggest appropriate adaptations to improve the nutritional quality of recipes.</li> <li><input type="checkbox"/> Explain how dietary needs vary between individuals.</li> <li><input type="checkbox"/> Write a supported judgement about the nutritional quality of a meal.</li> </ul>                                                                                                                   |

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| <b>Term<br/>5 &amp; 6</b> | <b>How do food choices affect people and the planet?</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                           | <p>By the end of this unit, pupils will:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Describe how food production affects the environment.</li> <li><input type="checkbox"/> Explain how culture and religion influence food choices.</li> <li><input type="checkbox"/> Evaluate the importance of Fairtrade and sustainable food production.</li> <li><input type="checkbox"/> Analyse the causes and impact of food waste.</li> <li><input type="checkbox"/> Compare the environmental impact of different food choices.</li> <li><input type="checkbox"/> Write a supported judgement about how consumers can make more sustainable food choices using evidence and defined criteria.</li> </ul> |

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|                           | <b>Year 9</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Term<br/>1 &amp; 2</b> | <b>How does food science help us become better cooks?</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                           | <p>By the end of this unit, pupils will:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Explain how food science influences successful practical outcomes.</li> <li><input type="checkbox"/> Analyse the role of fermentation, gluten development and ingredient functionality.</li> <li><input type="checkbox"/> Predict how changing ingredients or cooking methods affects the final product.</li> <li><input type="checkbox"/> Apply scientific understanding to improve practical outcomes.</li> <li><input type="checkbox"/> Evaluate dishes using appropriate food science vocabulary against clearly defined success criteria.</li> <li><input type="checkbox"/> Write a supported evaluation justifying improvements using scientific principles and evidence from practical outcomes.</li> </ul> |

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| <b>Term<br/>3 &amp; 4</b> | <p style="text-align: center;"><b>How can nutritional knowledge help us make healthier food choices?</b></p> <p>By the end of this unit, pupils will:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Explain how nutritional knowledge supports balanced meal planning.</li> <li><input type="checkbox"/> Analyse food labels and nutritional information.</li> <li><input type="checkbox"/> Compare meals against healthy eating guidance using clear nutritional criteria.</li> <li><input type="checkbox"/> Justify recipe adaptations for different dietary needs.</li> <li><input type="checkbox"/> Explain how nutritional needs vary throughout life.</li> <li><input type="checkbox"/> Write a supported judgement about the nutritional quality of a meal using evidence and defined criteria.</li> </ul>                                              |
| <b>Term<br/>5 &amp; 6</b> | <p style="text-align: center;"><b>How do food systems affect people and the planet?</b></p> <p>By the end of this unit, pupils will:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Explain how global food systems influence food availability.</li> <li><input type="checkbox"/> Analyse how culture, trade and sustainability influence food choices.</li> <li><input type="checkbox"/> Explain how food insecurity affects individuals and communities.</li> <li><input type="checkbox"/> Evaluate ethical and environmental issues relating to food production using evidence.</li> <li><input type="checkbox"/> Predict how innovation may influence the future of food.</li> <li><input type="checkbox"/> Write a supported judgement about how consumers can make informed and sustainable food choices using evidence and defined criteria.</li> </ul> |