



# FOOD AND NUTRITION PRACTICAL SKILLS CURRICULUM MAP

OCR GCSE SKILL GROUPS	Knife skills (KN)	Set a mixture (SM)
	Preparation and techniques (PT)	Raising agents (RA)
	Cooking methods (CM)	Dough (DO)
	Sauces (SA)	Judge and manipulate sensory properties (JA)

This map shows when new skills are first introduced – these skills are then further developed and refined

**YEAR 7**

KN1: bridge hold	KN3: peel	PT2: shred	PT5: grate	PT7: shape	PT12: roll/wrap	CM1: safe use of the hob	CM5: dry-frying	CM8: safe use of the grill	CM10: baking	RA2: use biological raising agent	DO1: bread making	JS1: use of seasoning herbs and spices
KN2: claw grip	KN4: slice, dice, julienne	PT4: crush	PT6: peel/de-skin/deseed	PT11: marinate	PT13: skewer	CM2: boiling/simmer	CM6: shallow frying	CM9: safe use of the oven	SA1: reduction sauce	RA3: use chemical raising agent	DO2: rubbing in	JS2: change texture and flavour

KN5: slice raw and cooked meat and fish or alternatives	PT1: mash	PT8: pipe	PT14: coat/panne	PT15: shape and bind wet mixtures	CM7: stir-frying	CM11: roasting	SM1: heating (coagulation)	SA2: blended sauce
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**YEAR 8**

RA1: use egg (colloid foam) as a raising agent	RA4: use steam in a mixture	DO3: shortcrust pastry	DO4: flaky/puff pastry	DO5: rolling/lining tin	DO6: glazing/finishing/piping	JS3: presentation and food styling
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**YEAR 9**

KN6: portion/fillet chicken	PT9: blend	CM4: steaming	SM2: removal of heat
KN7: fillet fish	PT10: juice	CM12: casseroles/braising	DO7: pasta making
PT3: scissor-snip	CM3: blanching/poaching	SA3: emulsion sauce	

**YEAR 10**

