

	Autumn 1								Autumn 2					Spring 1					Spring 2					Summer 1					Summer 2										
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
<b>11 H&amp;C</b>	<b>Unit 2 Mock- Hospitality and Catering in Action</b> <ul style="list-style-type: none"> <li>Understand the importance of nutrition when planning menus.</li> <li>Understand menu planning.</li> <li>Use techniques in preparation of commodities.</li> <li>Success criteria for assessment.</li> <li>Assessment of exemplar work.</li> <li>Analysis of structure.</li> </ul>												<b>Unit 2 assessment</b> <ul style="list-style-type: none"> <li>Further development of practical skills, completion of any content not yet covered and completion of internal assessments for the course.</li> </ul> Completion of unit 2 (internally assessed).																										
<b>11 FP&amp;N</b>	<b>Upskill and Revisit</b> <ul style="list-style-type: none"> <li>Success criteria for NEA 2.</li> <li>Assessment of exemplar NEA 2.</li> <li>Analysis of structure.</li> <li>Investigative skills.</li> <li>Research methods.</li> <li>Practical skill development.</li> <li>Theory work linked to focused practical tasks, linked to all areas of the specification- recall and understanding.</li> </ul>								<b>NEA 2 mock</b> <ul style="list-style-type: none"> <li>Success criteria for NEA 2.</li> <li>Assessment of exemplar NEA 2.</li> <li>Analysis of structure.</li> <li>Completion of mock NEA with feedback to prepare for assessment.</li> </ul>				<b>Exam Focus</b> <ul style="list-style-type: none"> <li>Exam technique.</li> <li>Use of command words.</li> <li>Section A focus (visual stimuli/ practical skills).</li> </ul>				<b>NEA 2</b> <ul style="list-style-type: none"> <li>Success criteria.</li> <li>Assessment of exemplar NEA 2.</li> <li>Analysis of structure.</li> <li>Research methods.</li> <li>Plan of action.</li> <li>Justification of choices.</li> <li>3-4 practical trials.</li> <li>Evaluation of trials.</li> <li>Justification of choices for final.</li> <li>Requisitions.</li> <li>Time plan.</li> <li><b>3 hour practical assessment block (off timetable).</b></li> <li>Evaluation.</li> <li>Sensory analysis.</li> </ul>								<b>Revision</b> <ul style="list-style-type: none"> <li>Topic audit and recap.</li> <li>Examination technique.</li> <li>Command words.</li> <li>Essay based question focus.</li> <li>Scientific terminology.</li> <li>Focus topics.</li> </ul>														
<b>10 FP&amp;N</b>	<b>Introduction</b> <ul style="list-style-type: none"> <li>Year 9 skill and knowledge reflection.</li> <li>Course content and requirement recap.</li> </ul>		<b>Cereals</b> <ul style="list-style-type: none"> <li>Staple foods.</li> <li>How climate affects the type of cereal that can grow.</li> <li>GM crops.</li> <li>Structure of grain.</li> <li>How cereals are grown.</li> <li>Milling of wheat into flour.</li> <li>Secondary processing (breakfast cereal and pasta).</li> <li>The range of cereals grown and eaten across the world.</li> <li>Wheat, rice, oats.</li> </ul>			<b>Milk, cheese and Yoghurt</b> <ul style="list-style-type: none"> <li>Provenance of milk.</li> <li>Food miles.</li> <li>How cows are reared, fed and milked.</li> <li>Methods of milk preservation.</li> <li>Secondary processing of milk.</li> <li>Different animal sources of milk.</li> <li>Nutritional values of milk, cheese and yoghurt.</li> <li>Dietary considerations.</li> <li>Chemical and physical structure of dairy based products.</li> <li>Food hygiene and safety of dairy.</li> <li>NEA 2 practise- plan a suitable dish for a special diet.</li> </ul> <b>Focused practical tasks:</b> <ul style="list-style-type: none"> <li><i>Cheese making.</i></li> <li><i>Halloumi and vegetable kebabs.</i></li> <li><i>Panna Cotta</i></li> <li><i>Chocolate mousse.</i></li> <li><i>Sweet potato and goats cheese ravioli.</i></li> </ul>								<b>Meat, fish, poultry and eggs</b> <ul style="list-style-type: none"> <li>Geographical areas where meat, fish, poultry and eggs are reared/ produced.</li> <li>Local vs. imported lamb, fish, eggs.</li> <li>Intense vs. natural farming.</li> <li>Farming, animal feed and shelter.</li> <li>How fish is caught.</li> <li>How poultry is reared and slaughtered.</li> <li>Secondary processing of meat and poultry.</li> <li>Classification and types of meat, fish, poultry and eggs.</li> <li>Nutritional values.</li> <li>Dietary considerations.</li> <li>Religious considerations.</li> </ul>				<b>Butter, oils, margarine, sugar and syrup</b> <ul style="list-style-type: none"> <li>Where sugar cane and sugar beet are grown.</li> <li>Organic vs. non-organic and GM.</li> <li>How butter is made.</li> <li>Growth of vegetable crop for oil production.</li> <li>Margarine processing.</li> <li>Butter, oils and margarine classification.</li> <li>Sugar and syrup classification and sugar substitutes.</li> <li>Nutritional values.</li> <li>Dietary considerations.</li> <li>Plasticity, shortening, emulsification, melting/ smoke point.</li> <li>Chemical and physical structure of sugar and syrup.</li> <li>Caramelisation.</li> </ul>				<b>Soya, tofu, beans, nuts and seeds</b> <ul style="list-style-type: none"> <li>How and where soya beans, nuts and seeds are grown.</li> <li>How soya beans are cultivated.</li> <li>Secondary processing- how soya is processed into tofu, TVP and soya milk.</li> <li>Mycoprotein and where is it derived from and processed.</li> <li>Preservation of beans, nuts and seeds.</li> <li>Classification of soya products, beans, nuts and seeds.</li> <li>Nutritional value and dietary considerations of soya products, Quorn, beans, nuts and seeds.</li> </ul>				<b>NEA Preparation</b> <ul style="list-style-type: none"> <li>Key skills for NEA 1.</li> <li>Key skills for NEA 2.</li> <li>Scientific principles.</li> <li>Scientific terminology.</li> <li>Costing recipes.</li> </ul>													



	<ul style="list-style-type: none"> <li>The function and purpose of gluten free flour.</li> <li>Nutritional values (fibre focus).</li> <li>Fortification.</li> <li>Dietary considerations.</li> <li>Gluten formation, gelatinisation, coagulation, dextrinization, retrogradation.</li> <li>Gluten ball NEA 1 practise investigation.</li> </ul> <p><b>Focused practical tasks:</b></p> <ul style="list-style-type: none"> <li>Chelsea buns</li> <li>Wholemeal focaccia.</li> <li>Risotto</li> <li>Welsh cakes</li> <li>Ricotta and spinach lasagne</li> <li>Oat biscuits</li> </ul>				<ul style="list-style-type: none"> <li>Denaturation, coagulation, foaming and aeration.</li> <li>Connective tissue and how this affects the cooking method.</li> <li>Maillard reaction.</li> <li>Food hygiene and safety of meat, fish and eggs.</li> <li>Tenderisation NEA 1 practise.</li> </ul> <p><b>Focused practical tasks:</b></p> <ul style="list-style-type: none"> <li>Lamb kofta</li> <li>Sausage rolls</li> <li>Thai fish cakes</li> <li>Potato salad (mayonnaise from scratch)</li> <li>Custard</li> </ul>	<ul style="list-style-type: none"> <li>Storage of butter and margarine.</li> <li>Shortening NEA 1 practise.</li> </ul> <p><b>Focused practical tasks:</b></p> <ul style="list-style-type: none"> <li>Making butter.</li> <li>Victoria sponge cake.</li> <li>Flaky pastry.</li> <li>Hollandaise sauce.</li> <li>Shortcrust pastry.</li> </ul>	<ul style="list-style-type: none"> <li>Storage of soya, quorn, beans, nuts and seeds (temperatures, allergen contamination and rancidity).</li> <li>NEA 2 Practise-vegetarian focus.</li> </ul> <p><b>Focused practical tasks:</b></p> <ul style="list-style-type: none"> <li>Honey and sesame seed chicken.</li> <li>Tofu and vegetable stir fry with sweet and sour sauce.</li> <li>Spaghetti Bolognese (with Quorn mince)</li> <li>Sunflower and pumpkin seed flapjacks.</li> </ul>	
9 FP&N	<p><b>Core Practical Skills-Bake off</b></p> <ul style="list-style-type: none"> <li>Know the ingredients needed for basic mixtures.</li> <li>Know the proportions of ingredients used in basic mixtures.</li> <li>The range of cake making methods (rubbed in; creaming; whisking; melting; all-in-one).</li> <li>The functional properties of cake ingredients.</li> <li>The range of pastry making methods (shortcrust; suet; flaky; choux).</li> <li>The range of sauce making methods (roux; blended; reduction; emulsions)</li> <li>Batters.</li> <li>Biscuits.</li> <li>Consolidation of skills: Afternoon tea planning.             <ul style="list-style-type: none"> <li>Research, designing, planning, presenting, evaluating.</li> </ul> </li> </ul>	<p><b>World foods</b></p> <ul style="list-style-type: none"> <li>The different types of cuisine available throughout the world.</li> <li>The key ingredients and popular dishes from each cuisine.</li> <li>What food provenance means.</li> <li>The impact of food miles on the environment.</li> <li>The importance of packaging on the environment.</li> <li>The sustainability of food and food waste.</li> <li>Food security and access for all.</li> </ul>	<p><b>Technological developments</b></p> <ul style="list-style-type: none"> <li>The factors affecting food technology.</li> <li>The importance of new technologies on food production and processing.</li> <li>The effects of food processing on food and drink.</li> <li>The positive and negative health impacts of technological developments.</li> </ul>	<p><b>Factors affecting food choice</b></p> <ul style="list-style-type: none"> <li>The range of factors that influence food choice.</li> <li>The choices that people make about foods according to culture, religion, ethical beliefs and medical reasons.</li> <li>How to make informed choices to achieve a varied and balanced diet.</li> <li>Convenience foods.</li> <li>Additives.</li> </ul>	<p><b>Principles of nutrition</b></p> <ul style="list-style-type: none"> <li>The key nutrients that are needed for good health.</li> <li>Why the body needs nutrients.</li> <li>The functions and sources of nutrients.</li> <li>What happens if we have too many or too few nutrients.</li> <li>The nutrients provided by different foods.</li> <li>How water and fibre contribute to the diet.</li> <li>Nutrition analysis.</li> </ul>	<p><b>The science of cooking food</b></p> <ul style="list-style-type: none"> <li>Why foods are cooked.</li> <li>How heat is transferred to foods.</li> <li>The methods used for cooking foods.</li> <li>How to maintain the nutritional value of foods through preparation.</li> <li>The types and functions of raising agents.</li> <li>The scientific principles behind preparing and cooking foods.</li> <li>The basic terminology of food science.</li> </ul>	<p><b>Mock NEA 1</b></p> <ul style="list-style-type: none"> <li>The scientific method.</li> <li>What is a hypothesis.</li> <li>What is a fair test.</li> <li>Primary vs. secondary research.</li> <li>Investigative skills.</li> <li>What is a conclusion.</li> <li>What is an evaluation.</li> </ul>	<p><b>Mock NEA 2</b></p> <ul style="list-style-type: none"> <li>What is a brief.</li> <li>How to analyse a brief.</li> <li>Designing dishes to meet a brief.</li> <li>Conduct 2 practical trials.</li> <li>Sensory evaluation.</li> <li>Dovetailing recipes.</li> </ul>

<p><b>8</b></p>	<p><b>'Fake-aways'</b></p> <ul style="list-style-type: none"> <li>• Self assessment and target setting.</li> <li>• How to complete a risk assessment.</li> <li>• Understand binary fission.</li> <li>• The source of chicken, fish and cheese.</li> <li>• Batch production of goujons.</li> <li>• Safe and hygienic preparation of raw meat.</li> <li>• Shaping, coating and enrobing.</li> <li>• Applying heat in different ways.</li> <li>• Testing for readiness (visual and use of food probe).</li> <li>• Understand the 8 tips for eating well.</li> <li>• The nutritional characteristics of stir fry ingredients.</li> <li>• Factors affecting food choice.</li> <li>• Functional properties of bread.</li> </ul>	<p><b>'Fake-aways'</b></p> <ul style="list-style-type: none"> <li>• Self assessment and target setting.</li> <li>• How to complete a risk assessment.</li> <li>• Understand binary fission.</li> <li>• The source of chicken, fish and cheese.</li> <li>• Batch production of goujons.</li> <li>• Safe and hygienic preparation of raw meat.</li> <li>• Shaping, coating and enrobing.</li> <li>• Applying heat in different ways.</li> <li>• Testing for readiness (visual and use of food probe).</li> <li>• Understand the 8 tips for eating well.</li> <li>• The nutritional characteristics of stir fry ingredients.</li> <li>• Factors affecting food choice.</li> <li>• Functional properties of bread.</li> </ul>
<p><b>7</b></p>	<p><b>Introduction to Food and Nutrition</b></p> <ul style="list-style-type: none"> <li>• The function of a range of equipment used in the practical food room.</li> <li>• Identify hazards that could occur in the practical food room.</li> <li>• Progress tracking and target setting.</li> <li>• A range of knife skills including bridge hold, claw grip, peeling, grating and removing cores, seeds and stones.</li> <li>• Be able to use the hob and main oven.</li> <li>• Weighing and measuring accurately.</li> <li>• Presentation skills.</li> <li>• Rubbing in.</li> <li>• Rolling and shaping.</li> <li>• Creaming.</li> <li>• Understand the eatwell guide and adapt a recipe based on the guide.</li> <li>• Food miles and seasonality.</li> <li>• Compare local to imported food.</li> <li>• Create and use their own recipe based on seasonal ingredients.</li> <li>• The functional characteristics of cake ingredients.</li> </ul>	<p><b>Introduction to Food and Nutrition</b></p> <ul style="list-style-type: none"> <li>• The function of a range of equipment used in the practical food room.</li> <li>• Identify hazards that could occur in the practical food room.</li> <li>• Progress tracking and target setting.</li> <li>• A range of knife skills including bridge hold, claw grip, peeling, grating and removing cores, seeds and stones.</li> <li>• Be able to use the hob and main oven.</li> <li>• Weighing and measuring accurately.</li> <li>• Presentation skills.</li> <li>• Rubbing in.</li> <li>• Rolling and shaping.</li> <li>• Creaming.</li> <li>• Understand the eatwell guide and adapt a recipe based on the guide.</li> <li>• Food miles and seasonality.</li> <li>• Compare local to imported food.</li> <li>• Create and use their own recipe based on seasonal ingredients.</li> <li>• The functional characteristics of cake ingredients.</li> </ul>