



	Autumn 1= 8 weeks								Autumn 2= 7 weeks							Spring 1=6 weeks					Spring 2= 5 weeks					Summer 1= 6 weeks						Summer 2= 7 weeks																	
	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										
Year 11	Component 2: Non-Examined Assessment - The food investigation - Section A: Interpretation and investigation - Section B: Carrying out the plan of action - Section C: Analyse data and results ❖ NEA 1 practical day - week 6 ❖ NEA 1 deadline (15%) - week 8								Component 2: Non examined assessment - Food preparation in action - Section A: Investigate and plan the task - Section B: Prepare, cook and present a menu of three dishes within a single session - Section C: Evaluate the selection, preparation, cooking and presentation of the three dishes ❖ Autumn examinations - weeks 12/13 ❖ NEA 2 practical day - week 20 ❖ NEA 2 deadline (35%) - week 21															Component 1: Principles of food preparation and nutrition Focused revision to prepare for the final examinations. ❖ Final examination (50%)																									
Year 10	Introduction to GCSE Food preparation and nutrition Core knowledge: - Principles of nutrition - Methods of heat transfer - Positive use of microorganisms - Functional properties of ingredients Core skills: - Knife skills - Prepare fruit and vegetables - Prepare, combine and shape - Weigh and measure - Preparation of ingredients and equipment - Use of electrical equipment - Water based cooking methods - Dry heat and fat based methods - Using the oven - Make sauces - reduction - Use of raising agents								Fruit and vegetables Core knowledge: - Food provenance - Calculating energy and nutrients - Preservation methods - Enzymic browning - NEA 1 investigation skills - Processing - Macronutrients - Micronutrients - Food miles - Diet and health: obesity and CVD - Dietary reference values - Adapting recipes Commodity knowledge: - Classification - Processing of fruit and vegetables - Nutritional values of fruit and vegetables Core skills: - Knife skills - Prepare fruit and vegetables - Prepare, combine and shape - Weigh and measure - Preparation of ingredients and equipment								Dairy and alternatives Core knowledge: - Food processing - Food packaging and environmental impact - Food safety: microorganisms - Macronutrients - Micronutrients - Changing properties of protein foods - Adapting recipes - Factors affecting food choice: life stages - Factors affecting food choice: medical Commodity knowledge: - Provenance and processing of dairy - Storage of dairy - Nutritional values of dairy - Lactose intolerance - Food science: foams Core skills: - Knife skills								Cereals (and potatoes): Core knowledge: - International cuisine: Italian - International cuisine: Chinese - Primary processing - Functional and chemical properties of ingredients - Changing properties of carbohydrates - Factors affecting food choice: medical - Food safety - Staple foods - Food security Commodity knowledge: - Provenance and processing of cereal grains - Functional and chemical properties of bread ingredients - Coeliac disease - Storage and safety of cereals - Chorleywood bread process - Classification of potatoes Core skills: - Knife skills - Prepare fruit and vegetables - Prepare, combine and shape - Weigh and measure - Preparation of ingredients and equipment - Use of equipment - pasta maker and food processor								Meat, poultry, fish and eggs: Core knowledge: - Food safety- food poisoning. - Food provenance and processing - Factors affecting food choice - religious considerations - Factors affecting food choice: moral vegetarianism - Macronutrients - Micronutrients - Complementary nutrients - Changing properties of proteins and fats - Diet and health: diabetes, anaemia, allergies Commodity knowledge: - Provenance and processing of meat, fish and eggs - Nutritional values of meat, poultry, fish and eggs - Safe storage of meat and poultry - Functions of ingredients: eggs								Fats and sugars: Core knowledge: - Changing properties of fats - Sensory evaluation methods - The scientific method: - Research - Plan of action - Hypothesis - Practical investigation - Results - Conclusions - Microsoft Excel-create profiling tests Commodity knowledge: - Functions of ingredients in pastry, meringue and cookies Core skills: - Knife skills - Prepare fruit and vegetables - Weigh and measure - Preparation of ingredients and equipment - Use of electrical equipment - Water based cooking methods								

	○ Test for readiness ○ Judge and manipulate sensory properties Focused practical tasks to include: ➤ Chilli with rice ➤ Shepherd's pie ➤ Swiss roll ➤ Bhajis and raita	○ Use of electrical equipment ○ Water based cooking methods ○ Dry heat and fat based methods ○ Using the oven ○ Using the grill ○ Make sauces - reduction and blended white sauce ○ Use of raising agents ○ Test for readiness ○ Judge and manipulate sensory properties ○ Select and adjust cooking processes ○ Make a dough ○ Shaping and finishing a dough Focused practical tasks to include: ○ Piripiri burgers with Mediterranean vegetables ○ Pineapple upside down cake ○ Cauliflower and broccoli cheese ○ Apple pie (shortcrust pastry) ○ Individual focused practical: Meeting healthy eating guidelines. ❖ Milestone assessment: ○ Enzymic browning investigation report. ○ Written assessment.	○ Prepare fruit and vegetables ○ Prepare, combine and shape ○ Tenderise and marinate ○ Select and adjust a cooking process ○ Weigh and measure ○ Preparation of ingredients and equipment ○ Use of electrical equipment ○ Water based cooking methods ○ Dry heat and fat based methods ○ Using the oven ○ Make sauces - blended - custard ○ Set a mixture - removal of heat (gelation) ○ Set a mixture - heating (coagulation) ○ Use of raising agents ○ Test for readiness ○ Judge and manipulate sensory properties Focused practical tasks to include: ➤ Panna cotta ➤ Chicken and halloumi skewers with couscous ➤ Quiche ➤ Chocolate concrete and custard ➤ Individual focused practical: reducing fat	○ Water based cooking methods ○ Dry heat and fat based methods ○ Using the oven ○ Make sauces - blended - reduction and blended ○ Use of raising agents ○ Make a dough ○ Shaping and finishing a dough ○ Test for readiness ○ Judge and manipulate sensory properties Focused practical tasks to include: ➤ Fresh spaghetti with tomato sauce ➤ Spring rolls ➤ Focaccia bread (own design) ➤ Gluten free shortbread ➤ Lasagne ○ Homemade lasagne sheets ○ Bolognese sauce ○ Bechamel sauce ➤ Gnocchi ❖ Spring assessment: ➤ Sauce viscosity investigation report. ➤ Written examination (component 1-1 hour 45 mins).	Core skills: ○ Knife skills ○ Prepare fruit and vegetables ○ Prepare, combine and shape ○ Tenderise and marinate ○ Select and adjust a cooking process ○ Weigh and measure ○ Preparation of ingredients and equipment ○ Use of electrical equipment ○ Water based cooking methods ○ Dry heat and fat based methods ○ Using the oven ○ Using the grill ○ Make sauces - blended ○ Set a mixture - heating (coagulation) ○ Test for readiness ○ Judge and manipulate sensory properties Focused practical tasks to include: ➤ Portioning chicken ➤ Korean drumsticks ➤ Chicken kiev ➤ BBQ chicken wings ➤ Filleting fish ➤ Fish cakes ➤ Sweet and sour tofu/quorn/ tempeh ➤ Cheese souffle	○ Dry heat and fat based methods ○ Using the oven ○ Make sauces - blended - lemon curd ○ Make a dough ○ Shaping and finishing a dough ○ Set a mixture - heating (coagulation) ○ Test for readiness ○ Judge and manipulate sensory properties Focused practical tasks to include: ➤ Lemon meringue pie ➤ Chocolate chip cookies ➤ Investigation practical's (students plan and lead)
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Year 9	Food science Students will understand the characteristics and functional properties of a wide range of ingredients. They will develop their scientific understanding of ingredients and understand how this changes during food preparation and cooking. They will conduct a range of food investigations to enable them to make informed decisions about the ingredients and cooking methods used to create their own burger product. They will be able to justify their selection using scientific understanding. Core knowledge: - Food safety: the 4 C's - Sensory evaluation methods - Using appropriate sensory vocabulary - Changing properties of proteins - Changing properties of fats - emulsification - Food provenance: herbs and spices - Cooking methods - Methods of heat transfer - How to create a time plan Core skills: - Safe preparation of raw meat - Weighing and measuring - Shaping and forming a dough - Prepare, combine and shape-meat (use of burger press) - Kneading - Proving - Use of raising agents - Glazing and garnish - Knife skills - fine dicing - Testing for readiness - food probe - Testing for readiness - sensory properties - Safe use of the grill and oven - Electrical equipment- electric whisk - Make an emulsion - mayonnaise - Dry and fat based cooking methods Focused practical tasks to include: - Beef burgers - The perfect patty - testing protein sources - Burger buns - Testing gluten content of flours - Paprika lamb skewers - Homemade mayonnaise - Cooking methods investigation - Pupil's own choice - build a burger	Principles of nutrition Students will learn the core knowledge of nutrients and their functions in the body. They will learn about deficiencies and excess as well as completing a range of practical activities associated with each nutrient. Core knowledge: - Healthy eating guidelines - Nutrients - Proteins: types; functions; sources; nutrition - over and under - Carbohydrates: types; functions; sources; nutrition - over and under - Fats: types; functions; sources; nutrition - over and under - Fibre and water: types; functions; sources; nutrition - over and under - Vitamins: types; functions; sources; nutrition - over and under - Minerals: types; functions; sources; nutrition - over and under Core skills: - Safe preparation of poultry, meat and fish - Water based cooking methods - Dry and fat based cooking methods - Knife skills - Enrobe - Electrical equipment - food processor - Weigh and measure - Use of the oven - Make sauces - reduction - Test for readiness - food probe - Judge and manipulate sensory properties Focused practical tasks to include: - Chicken curry - Spaghetti bolognese - Chips and dips - High fibre bean burritos - Build a stir fry ❖ Milestone assessment: - Written assessment - Practical assessment	Diet and health Students will learn how diet and health are connected, and how we can plan menus for a diverse population with a range of dietary needs. Core knowledge: - Factors affecting food choice - life stages - vegetarianism - religious considerations - health-obesity - health - calcium and iron deficiency - Functions of ingredients - fresh pasta - Adapting recipes - Justification of recipe choices - How to create a time plan Core skills: - Knife skills - Prepare fruit and vegetables - Prepare, combine and shape - Weigh and measure - Preparation of ingredients and equipment - Use of equipment - electric whisk, food processor, pasta machine - Water based methods using the hob - Dry and fat based cooking methods - Using the grill - Using the oven - Make sauces - blended and reduction - Shape and form a dough - pasta - Use of raising agents - Test for readiness - Judge and manipulate sensory properties Focused practical tasks will include: - Banana bread - Chilli nachos - Greek style meatball pitta breads - Low fat fish and chips - Mini shepherd's pie - Homemade lasagne sheets - Lasagne - Student's own choice - adapting recipes for health
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Year 8	8 tips for healthy eating Students will understand and apply the principles of nutrition and health. They will understand the 8 tips for healthy eating and apply their knowledge of each diet related tip, to create a dish that emphasises the importance of that tip. Core knowledge: ▪ Nutritional values - starchy carbohydrates ▪ Nutritional values of fruits and vegetables ▪ Eat more fish - nutritional properties ▪ Cut down on saturated fats and sugar - health benefits ▪ Do not skip breakfast - nutritional benefits of breakfast ▪ Cut down on salt - health benefits ▪ Get active and be a healthy weight ▪ Stay hydrated Core skills: ○ Knife skills - batonnet, julienne, coring ○ Weigh and measure accurately ○ Rubbing in ○ Shape, form and seal a dough - shortcrust pastry ○ Safe use of the oven - hob, grill and main oven ○ Fry ○ Safe preparation of fish ○ Boil and simmer - heat control Focused practical tasks to include: ➤ Cheese and potato cakes ➤ Mini apple bites ➤ Tuna pasta bake ➤ Minestrone soup ➤ Classic omelette ➤ Blueberry oatmeal quick bread ❖ Milestone assessment: ○ Written assessment ○ Practical assessment	Colmers around the world Students will complete a project based on ingredients that are grown worldwide and develop an understanding of how an increase in knowledge about how improved transportation and migration can positively influence the food choices they make. Core knowledge: ▪ International food and culture ▪ Factors affecting food choice - coeliac disease ▪ Food preservation ▪ Portion sizing ▪ Factors affecting food choice - ethical and environmental: organic and fairtrade Core skills: ○ Safe preparation of raw meat ○ Enrobing ○ Knife skills - fine dicing, julienne and brunoise ○ De-flaming ○ Using herbs and spices to improve sensory properties ○ Shaping ○ Gelatinisation - bechamel sauce ○ Draining ○ Hob control ○ Safe use of the grill Focused practical tasks to include: ➤ Lemon chicken ➤ Potato salad ➤ Beef tacos ➤ Sushi ➤ Pasta bake ➤ Banana fritters ❖ Milestone assessment: ○ Written assessment ○ Practical assessment	Nutrients Students will develop their understanding of the principles of nutrition and health. They will understand macro and micronutrients and how nutrients work together in the body. They will analyse food labels to support them in making positive food choices. Core knowledge: ▪ Macronutrients and micronutrients ▪ Types of protein ▪ Types of fat - health implications ▪ Types of carbohydrates ▪ Energy Core skills: ○ Produce a yeast based dough ○ Shape, form, crimp and seal dough ○ Glaze and garnish ○ Weighing and measuring ○ Reducing moisture contents ○ Safe use of the oven - hob control ○ Safe use of the grill ○ Testing for readiness - food probe ○ Safe preparation of raw meat ○ Use of electrical equipment - food processor Focused practical tasks to include: ➤ Calzone ➤ Courgette and cheese frittata ➤ Falafel ➤ Rainbow salad with grilled chicken ➤ Mixed energy cookies
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Year 7	Introduction to food Students will be introduced to the food room and understand the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot. They will plan and carry out food storage, preparation and cooking safely and hygienically. Students will use a broad range of preparation techniques and methods when cooking and use equipment safely, being aware of others' safety. Students will use current healthy eating advice to choose a varied balanced diet for their needs and those of others. Core knowledge: - Food equipment and safety - The Eatwell guide - Introduction to food provenance - Functions of ingredients - Sensory testing vocabulary - Introduction to time-planning Core skills: - Weighing and measuring - Safe use of the hob, grill and oven - Knife skills - Combine and mix - Divide and shape - Drain - Shape and form a dough - Kneading - Layering - Rubbing in - Safe use of the kettle - Sift - Whisk - Hob control Focused practical tasks to include: - Fruit fusion - Couscous salad - Pasta salad - Pizza toast - Savoury scones - Breakfast muffins - Scone pizza	Ready, set, breakfast Students will develop their understanding of the 8 tips for healthy eating, specifically 'don't skip breakfast'. They will understand why breakfast is important and how making positive food choices will impact their health. Students will know that their bodies contain water and that they need fluid from food and drinks to keep the body working properly. They will modify recipes and cook predominantly savoury dishes that are based on current healthy eating messages, as well as understand and use good food safety practices. They will know about the different stages in food production and processing and understand how geography, weather and climate influence the availability of food and drink. Furthermore, students will use nutrition and allergy information on food labels to help make informed food and drink choices. Core Knowledge: - Food safety - how food labelling can support food safety 8 tips for healthy eating - Food provenance and ethical considerations of eggs - Fibre - nutritional properties - Wheat processing - Food labelling Core skills: - Weighing and measuring - Safe use of the oven-hob focus - Knife skills - Combine and mix - Divide and shape - Shape and form a dough-consistency - Kneading - Rubbing in - Safe use of the kettle - Sift - Whisk - Safe use of electrical equipment - Poaching - Shallow frying - Test for readiness Focused practical tasks to include: - Breakfast smoothies - Porridge - Eggs two ways - High fibre pancakes - Breakfast flatbreads - Cereal bars	Cooking on a budget Students will learn a variety of ways in which to make meal planning affordable. They will learn about date mark and storage instructions when storing and using food and drinks as a way of reducing waste. They will know how to safely make use of leftovers. They will compare the cost of food when planning to eat out or cook at home, as well as understanding how geography, weather and climate influence the availability of food and drink. Core Knowledge: - Food security - Enzymic browning - Seasonality - Reducing food waste - Making a food label - Budget friendly cooking methods Core skills - Weighing and measuring - Safe use of the oven - hob, grill and oven (including gelatinisation) - Dovetailing - Knife skills - Rubbing in - Safe use of the kettle - Whisk - Preventing browning - Shallow frying - Safe preparation of raw meat - Test for readiness - food probe Focused practical tasks to include: - Macaroni and cheese - Enzymic browning investigation - Apple crumble - Tomato and bean pasta soup - Thai green curry - One pot noodles ❖ Year 7 milestone assessment: - Written assessment - Practical assessment
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