

Year	Autumn	Spring	Summer
<b>7</b>	<b>7.1 Food and Cooking</b>	<b>7.2 Nutritional Needs</b>	<b>7.3 Food Science</b>
<b>Overview</b>	This unit will develop their knowledge and understanding of ingredients and healthy eating. As well as develop their knowledge of food provenance. They will acquire and demonstrate food preparation and cooking techniques. As well as acquire and demonstrate the principles of food hygiene and safety.	This unit will develop their knowledge of consumer food and drink choice. They will apply their knowledge to make informed choices and develop the creative, technical and practical expertise needed to perform everyday tasks confidently. Students will build and apply a repertoire of knowledge, understanding and skills to create high quality dishes for a wide range of people. They will evaluate and test their ideas and the work of others.	This unit will allow students to acquire and apply a knowledge and understanding of food science.
<b>8</b>	<b>8.1 Diet and Health</b>	<b>8.2 Bread</b>	<b>8.3 Food Science</b>
<b>Overview</b>	Students will deepen their knowledge and understanding of food and nutrition. They will also deepen their knowledge of food provenance. Students will further develop their food skills and techniques and demonstrate the principles of food hygiene and safety. As well as apply their knowledge of consumer food and drink choice.	Students will develop the creative, technical and practical expertise needed to perform everyday tasks confidently. They will build and apply a repertoire of knowledge, understanding and skills to create and make different breads. They will evaluate and test their ideas and the work of others.	This unit will allow students to acquire and apply a knowledge and understanding of food science.
<b>9</b>	<b>9.1 Diet through the life stages</b>	<b>9.2 Main meals</b>	<b>9.3 Food Science</b>
<b>Overview</b>	In this unit, students will apply the principles of the Eatwell Guide and explore how dietary needs change throughout different stages of life. They will examine the information and guidance available to consumers,	Students will follow a variety of recipes to prepare and cook predominantly savoury dishes, developing and applying a wide range of culinary skills and techniques. Food hygiene and safety will remain a constant priority throughout. Emerging food trends will also be explored. Students will	Students will undertake food science investigations to deepen their understanding of key scientific principles related to food, providing a strong foundation for GCSE Food Preparation and Nutrition.

	including food labelling, availability, traceability, certification and assurance schemes, and animal welfare. Additionally, students will develop an understanding of the characteristics of ingredients and how these influence their use in cooking.	build the knowledge, understanding, and practical skills required to confidently engage in an iterative process of planning, preparing, and evaluating their work.	
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10	10.1 Nutrients	10.2 Nutritional Needs and Health	10.3 Food Science	10.4 Food Safety	10.5 Food Choice	10.6 Food Provenance
<b>Overview</b>	Protein Fats Carbohydrates Vitamins Minerals Water	Making informed food choices for a varied and balanced diet, energy needs, carrying out nutritional analysis, diet, nutrition and health.	Heat transfer and appropriate cooking methods, the functional and chemical properties of food.	Food spoilage and contamination, principles of food safety.	Factors affecting food choice, British and international cuisines, sensory evaluation.	Environmental impact and sustainability, processing and production.

11	11.1	11.2	11.3
<b>Overview</b>	<b>NEA1: The Food Investigation (15% - 30 marks) Time – Not to exceed 10 hours</b>	<b>NEA2: The Food preparation Assessment (35% - 70 marks) Time – 20hours, including a 3-hour practical exam</b>	<b>Final Exam prep:</b> <ul style="list-style-type: none"> <li>• Multiple choice questions (20 marks)</li> <li>• Five questions each with several sub questions (80 marks)</li> </ul>