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| **Year**  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Blue | **Healthy Eating Mod 1 Part 1**Nutrients and benefits (2)Healthy diets (3)Energy drinks (7)**Basic Safety Module 2**Personal hygiene (1) | **Practical Cooking Skills Mod 7 Part 1**Practical cooking skillsPreparation Baking Cooking for a group**Basic Safety Module 2**Food storage (2) | **Food Prep & Presentation Mod 3 Part 1**Planning Vegetarian dishes (1)Presentation and garnish (4)Preparing restaurant food (5)**Basic Safety Module 2**Kitchen hygiene (3) | **Cooking on a Budget Mod 4 Part 1**Benefits and drawback of planning (5)Planning for healthy eating for a week (3)Reducing costs (9)**Basic Safety Module 2**Hand hygiene (7) | **Entertaining Mod 5 Part 1**Planning and cooking for a 5 year-old (5)Food in the media (6)Traditional British foods (7)**Basic Safety Module 2**Frozen Food (5)  | **The Food Industry Mod 6 Part 1**Food advertisements (1)Food shopping trends (2)Supermarket organisation (5) |
| Green | **The Food Industry Mod 6 Part 2**International foods and cultural influences (4)Manufacturing and brands (6)Food production (7)Food tasting and improvement (5)**Basic Safety Module 2**Kitchen dress (9) | **Practical Cooking Skills Mod 7 Part 2**Prepare, cook and serve a variety of dishes Review and reflection**Basic Safety Module 2B**Food scares (2) | **Food Preparation & Presentation Mod 3 Part 2**Planning a meal on a budget (11)Meat preparation (10)planning and preparing for a group (2)Comparing food prices (8)Reducing cost (9)**Basic Safety Module 2B**Environmental health (4) | **Cooking on a Budget Mod 4 Part 2**Planning a budget group meal (2)Supermarket investigation (6)Household rubbish (5)**Basic Safety Module 2**Food safety and sell by dates (4) | **Entertaining Mod 5 Part 2**Investigating celebration meals for religious festivals (2)Cooking a celebration meal (3)Organising a coffee morning (4) | **Healthy Eating Mod 1 Part 2**Food traffic light system (4)Planning and preparing one pot recipe (6)5 a day (9) |
| Y10 | **3.2 Food Nutrition and Health*** Protein
* Fats.
* Carbohydrates.
* Vitamins.
* Minerals.
* Water.

Practical work to cover British & International Cuisine / Sensory Evaluation | * 1. **Food Science**
* Selecting appropriate cooking methods

**3.2 Food Nutrition and Health**Making informed choices for a varied and balanced diet:* Energy Needs
* Nutritional Analysis
* Diet Nutrition and Health.

Practical work to cover British & International Cuisine / Sensory Evaluation | * 1. **Food Science**
* Cooking of food and heat transfer
* Why food is cooked, how heat is transferred to food
* Functional and chemical properties of food – protein

Practical work to cover British & International Cuisine / Sensory Evaluation | * 1. **Food Science**
* Functional and chemical properties of food:
	+ Carbohydrates
	+ Fats and oils
	+ Fruits and vegetables
	+ Rasing Agents

Practical work to cover British & International Cuisine / Sensory Evaluation | **3.4 Food Safety*** Microorganisms and enzymes.
* The Signs of Food Spoilage
* Microorganisms in Food Production.
* Bacterial contamination.

Buying and Storing Food.Practical work to cover British & International Cuisine / Sensory Evaluation | **3.6 Food Provenance*** Environmental impact and sustainability of food.
* Food Sources
* Food and the environment.
* Sustainability of food.

**3.5 Food Choice*** Food Labelling and marketing influences.

Practical work to cover British & International Cuisine / Sensory Evaluation |
| **3.7 Food Preparation and Cooking Techniques: to be delivered via practical sessions throughout the course and to cover the Theory below.****3.1 Food Prep Skills:**1 General practical; 2 Knife skills; 3 Preparing fruit & veg; 4 Use of the cooker; 5 Use of equipment; 6 Cooking methods; 7 Prepare, combine and shape; 8 Sauce making; 9 Tenderise and marinate; 10 Dough; 11 Raising agents; 12 Setting mixtures* 1. **Food Safety (3.4.2.2 Preparing Cooking and Serving Food):**

Knife Skills; Veg Prep; Hygienic use of Blender; Demonstrating Technical Skills; Preventing Cross Contamination; Test for Readiness.* 1. **Food Choice:** 3.5.3 Sensory Evaluation
 |
| Y11 | **NEA Task 1 (Released 1st Sept)****Food Investigation**Section A Research (6)How ingredients work and the reasons why.Section B practical Investigations x 2 and recording results (15)Investigations related to hypothesis.Section C Analysis and Evaluation (9)Students are expected to produce a report of between 1,500 and 2,000 words. Photos must be included to authenticate the work as the student’s own. | **NEA Task 2 (Released 1st Nov)****Plan, Prep, Produce & Evaluate Task**Section A Research (6)Section B Demonstrating the technical skills (18**)**Section C Planning for the final menu (8)Section D Making the final dishes (30)Students must produce a concise portfolio (not exceeding 20 A4 sides or A3 equivalent). Photos are needed to provide evidence of the dishes produced. | **3.5 Food Choice**3.5.1. Factors affecting Food Choice.• Religion• Ethics• Intolerances**3.6 Food Provenance*** Food processing and production.
* Technological developments associated with better health and food production.
* Technological developments to support better health and food production including fortification and modified foods with health benefits and the efficacy of theses.
 | **Revision3.2 Food Nutrition and Health****3.3 Food Science****3.4 Food Safety****3.5 Food Choice****3.6 Food Provenance** | **Revision3.2 Food Nutrition and Health****3.3 Food Science****3.4 Food Safety****3.5 Food Choice****3.6 Food Provenance** |  |

**Half Termly Career Focus**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Blue | Nutritionists & Dieticians | Fast Food:Shop Floor | Environmental Health Officer | Exécutive Chef | Food critic | Environmental Health Officer |
| Green | Event Planner | Farmer | Food Blogger/ Vlogger | Chef de CuisineComme Chef | Catering Manager | Food entrepreneur – Levi Roots |
| Y10 | Sous Chef | Nutritionist | Food Health and Safety Officer | Fast Food:Management opportunities | Supermarket Advertiser | Butcher |
| Y11 | To rotate depending on NEA Task | To rotate depending on NEA Task | Baker | Commis Chef |  |  |