|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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**  Food storage (2) | **Healthy Eating Module 1 Pt 1 / Personal Hygiene Module 2**  5 a Day  Food Diary  Gluten-Free  Pros / Cons of Energy Drinks  Sensory Experience of food  **Basic Safety Module 2**  Personal hygiene (1) | **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)  Exploring Food Science  **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**  1. Protein  2. Fats.  3.Carbohydrates.  Micronutrients  1.Vitamins.  2.Minerals.  3.Water.  Practical work to cover British & International Cuisine / Sensory Evaluation | * 1. **Food Science (1)**   1.Why food is cooked and how heat is transferred to food  2. Selecting appropriate cooking methods  Practical work to cover British & International Cuisine / Sensory Evaluation | * 1. **Food Science (2)**   Functional and chemical properties of food:  1. Protein  2. Carbohydrates  3.Fats and oils  4. Fruits and vegetables  5. Rasing Agents  Practical work to cover British & International Cuisine / Sensory Evaluation | * 1. **Food Safety, Spoilage & Contamination**   1.Microorganisms and enzymes.  2.The Signs of Food Spoilage  3.Microorganisms in Food Production.  4.Bacterial contamination.  5.Principles of food safety  Practical work to cover British & International Cuisine / Sensory Evaluation | **3.5 Food Choice**   1. Factors influencing food choice 2. Food choices 3. Food labelling and marketing influence     Practical work to cover British & International Cuisine / Sensory Evaluation | **3.6 Food Provenance**   1. Food Sources 2. Food and the environment. 3. Sustainability of food. 4. Food processing and productions   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. | **3.2 Food Nutrition and Health** Making informed choices for a varied and balanced diet:   * Energy Needs * Nutritional Analysis * Diet Nutrition and Health. | **Revision 3.2 Food Nutrition and Health**  **3.3 Food Science**  Exam practice  Past papers  Revision support materials | **Revision 3.4 Food Safety**  **3.5 Food Choice**  **3.6 Food Provenance**  Exam practice  Past papers  Revision support material |  |

**Half Termly Career Focus**

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