

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

Y10	<p>3.2 Food Nutrition and Health</p> <ul style="list-style-type: none"> • Protein • Fats. • Carbohydrates. • Vitamins. • Minerals. • Water. <p>Practical work to cover British & International Cuisine / Sensory Evaluation</p>	<p>3.3 Food Science</p> <ul style="list-style-type: none"> • Selecting appropriate cooking methods <p>3.2 Food Nutrition and Health Making informed choices for a varied and balanced diet:</p> <ul style="list-style-type: none"> • Energy Needs • Nutritional Analysis • Diet Nutrition and Health. <p>Practical work to cover British & International Cuisine / Sensory Evaluation</p>	<p>3.3 Food Science</p> <ul style="list-style-type: none"> • Cooking of food and heat transfer • Why food is cooked, how heat is transferred to food • Functional and chemical properties of food – protein <p>Practical work to cover British & International Cuisine / Sensory Evaluation</p>	<p>3.3 Food Science</p> <ul style="list-style-type: none"> • Functional and chemical properties of food: <ul style="list-style-type: none"> ○ Carbohydrates ○ Fats and oils ○ Fruits and vegetables ○ Raising Agents <p>Practical work to cover British & International Cuisine / Sensory Evaluation</p>	<p>3.4 Food Safety</p> <ul style="list-style-type: none"> • Microorganisms and enzymes. • The Signs of Food Spoilage • Microorganisms in Food Production. • Bacterial contamination. <p>Buying and Storing Food.</p> <p>Practical work to cover British & International Cuisine / Sensory Evaluation</p>	<p>3.6 Food Provenance</p> <ul style="list-style-type: none"> • Environmental impact and sustainability of food. • Food Sources • Food and the environment. • Sustainability of food. <p>3.5 Food Choice</p> <ul style="list-style-type: none"> • Food Labelling and marketing influences. <p>Practical work to cover British & International Cuisine / Sensory Evaluation</p>
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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

3.4 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.

3.5 Food Choice: 3.5.3 Sensory Evaluation

Y11	<p>3.5 Food Choice 3.5.1. Factors affecting Food Choice.</p> <ul style="list-style-type: none"> • Religion • Ethics • Intolerances 	<p>NEA Task 1 (Amend timing based on pupil success) Food Investigation Section A Research (6) How ingredients work and the reasons why.</p>	<p>3.6 Food Provenance</p> <ul style="list-style-type: none"> • Food processing and production. • Technological developments associated with 	<p>NEA Task 2 (Amend timing based on pupil success) Food Prep Assessment Section A Research (6) Section B Demonstrating the technical skills (18)</p>	<p>Revision 3.1 Food Prep Skills 3.2 Food Nutrition and Health 3.3 Food Science 3.4 Food Safety 3.5 Food Choice 3.6 Food Provenance</p>	
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Long Term Plan Food Preparation & Nutrition 2023-24 Green

		<p>Section B Investigation (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.</p> <p>This unit will also cover 3.5.3 Sensory Evaluation. Sensory testing methods, how taste receptors and olfactory systems work when tasting food.</p>	<p>better health and food production.</p> <ul style="list-style-type: none"> • Technological developments to support better health and food production including fortification and modified foods with health benefits and the efficacy of these. 	<p>Section C Planning for the final menu (8) Section D Making the final dishes (30) Section E Analyse and Evaluate (8)</p> <ul style="list-style-type: none"> • Students must produce a concise portfolio (not exceeding 20 A4 sides or A3 equivalent). Photos are needed to provide evidence of the dishes produced. <p>Revision</p>	
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Half Termly Career Focus

	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	Nutritionist	Food Blogger/ Vlogger	Chef de Cuisine Comme Chef	Farmer	Food entrepreneur – Levi Roots
Y10	Sous Chef	Nutritionist	Food Health and Safety Officer	Fast Food: Management opportunities	Super Market Advertiser	Butcher
Y11	Chef de Parte	Baker	Commis Chef	Farmer	Nutritionist	