

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Blue (KS3 & Y11 22-23)	<p>Healthy Eating Module 1</p> <p>Nutrients and benefits (2) Healthy diets (3) Energy drinks (7)</p> <p>Basic Safety Module 2 Personal hygiene (1)</p>	<p>Healthy Eating Module 1</p> <p>Food traffic light system (4)</p> <p>Planning and preparing one pot recipe (6) 5 a day (9)</p> <p>Food tasting and improvement (5)</p> <p>Basic Safety Module 2 Food storage (2)</p>	<p>Food Prep & Presentation Module 3</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>Food Prep & Presentation Module 4</p> <p>Planning a meal on a budget (11) 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 2 Hand hygiene (7)</p>	<p>Cooking on a Budget Module 4</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 Frozen Food (5)</p>	<p>Cooking on a Budget Module 4</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>
Green	<p>Entertaining Module 5</p> <p>Investigating celebration meals for religious festivals (2) Cooking a celebration meal (3) Organising a coffee morning (4)</p> <p>Basic Safety Module 2 Kitchen dress (9)</p>	<p>Entertaining Module 5</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 2B Food scares (2)</p>	<p>The Food Industry Module 6</p> <p>Food advertisements (1) Food shopping trends (2) Supermarket organisation (5)</p> <p>Basic Safety Module 2B Environmental health (4)</p>	<p>The Food Industry Module 6</p> <p>International foods and cultural influences (4) Manufacturing and brands (6) Food production (7)</p>	<p>Practical Cooking Skills Module 7</p> <p>Practical cooking skills Preparation Baking Cooking for a group</p>	<p>Practical Cooking Skills Module 7</p> <p>Prepare, cook and serve a variety of dishes Review and reflection</p>
Y10	<p>3.2 Food Nutrition and Health</p> <ul style="list-style-type: none"> • Protein • Fats. • Carbohydrates. 	<p>3.4 Food Science</p> <ul style="list-style-type: none"> • Selecting appropriate cooking methods 	<p>3.4 Food Safety</p> <ul style="list-style-type: none"> • Microorganisms and enzymes. • The Signs of Food Spoilage 	<p>3.6 Food Provenance</p> <ul style="list-style-type: none"> • Environmental impact and sustainability of food. • Food Sources 	<p>3.5 Food Choice</p> <ul style="list-style-type: none"> • Food Labelling and marketing influences. 	<p>3.5 Food Choice</p> <p>3.5.1. Factors affecting Food Choice.</p> <ul style="list-style-type: none"> • Religion

	<ul style="list-style-type: none"> • Vitamins. • Minerals. • Water. <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 	<p>3.2 Food Nutrition and Health</p> <p>Making informed choices for a varied and balanced diet:</p> <ul style="list-style-type: none"> • Energy Needs • Nutritional Analysis • Diet Nutrition and Health. 	<ul style="list-style-type: none"> • Microorganisms in Food Production. • Bacterial contamination. • Buying and Storing Food. 	<ul style="list-style-type: none"> • Food and the environment. • Sustainability of food. 		<ul style="list-style-type: none"> • Ethics • Intolerances <p>3.6 Food Provenance</p> <ul style="list-style-type: none"> • Food processing and production. • Technological developments associated with better health and food production.
<p align="center">3.7 Food Preparation and Cooking Techniques: to be delivered via practical sessions throughout the course and to cover the Theory below.</p> <p align="center">3.1 Food Prep Skills:</p> <p align="center">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</p> <p align="center">3.4 Food Safety (3.4.2.2 Preparing Cooking and Serving Food):</p> <p align="center">Knife Skills; Veg Prep; Hygienic use of Blender; Demonstrating Technical Skills; Preventing Cross Contamination; Test for Readiness.</p> <p align="center">3.5 Food Choice: 3.5.3 Sensory Evaluation</p>						
Y11	<p>NEA Task 1</p> <p>Food Investigation Section A Research (6) How ingredients work and the reasons why. 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>3.3 Food Science</p> <p>3.3.2 Functional and Chemical Properties of Food.</p> <ul style="list-style-type: none"> • Proteins • Carbohydrates. • Fats and oils • Raising Agents 	<p>NEA Task 2</p> <p>Food Prep Assessment 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) Section E Analyse and Evaluate (8) 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>	<p>Theory Revision</p> <p>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>	Exam	

Half Termly Career Focus

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Blue	Nutritionists & Dieticians	Fast Food: Shop Floor / Management opportunities	Environmental Health Officer	Executive Chef Sous Chef Chef de Parte Baker	Food critic	Environmental Health Officer
Green	Event Planner	Butcher	Food Blogger	Chef de Cuisine Pastry Chef Commes Chef Saucier	Farmer	Food entrepreneur – Levi Roots