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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**Food storage (2) | **Healthy Eating Module 1 Pt 1 / Personal Hygiene Module 2**5 a DayFood DiaryGluten-FreePros / Cons of Energy DrinksSensory 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. Protein2. Fats.3.Carbohydrates.Micronutrients1.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 food2. Selecting appropriate cooking methodsPractical work to cover British & International Cuisine / Sensory Evaluation | * 1. **Food Science (2)**

Functional and chemical properties of food:1. Protein2. Carbohydrates 3.Fats and oils4. Fruits and vegetables5. Rasing AgentsPractical work to cover British & International Cuisine / Sensory Evaluation | * 1. **Food Safety, Spoilage & Contamination**

1.Microorganisms and enzymes.2.The Signs of Food Spoilage3.Microorganisms in Food Production.4.Bacterial contamination.5.Principles of food safetyPractical 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
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| 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****3.4 Food Safety****3.5 Food Choice****3.6 Food Provenance****3.2 Food Nutrition and Health****3.3 Food Science**Exam practicePast papersRevision support materials | **Revision3.2 Food Nutrition and Health****3.3 Food Science**Exam practicePast papersRevision support material | **Revision3.2 Food Nutrition and Health****3.3 Food Science****3.4 Food Safety****3.5 Food Choice****3.6 Food Provenance**Exam practicePast papersRevision support material |

**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 | Nutritionists & Dieticians | 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 | Supermarket Manager | Food Scientist | Butcher |
| Y11 | To rotate depending on NEA Task | To rotate depending on NEA Task | Baker | Commis Chef | As relevant in revision | As relevant in revision |