

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Green KS3	<p>Kitchen Induction, healthy eating, food safety.</p> <p>Benefits of food on the body (1)</p> <p>Plan & cook a 1 Pot healthy meal (6)</p> <p>Foods that help your diet (12)</p> <p>Food presentation (2)</p> <p>Food Safety, hand washing. (7)</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>AZDAN Module 7 Sections A & B covered through the year during practical and evaluations.</p> <p>Reflection & consolidation time x2.</p>	<p>Healthy eating, cooking on a budget, entertaining, food safety.</p> <p>Food traffic light system (4)</p> <p>Benefits and drawbacks on planning meals on a weekly basis (1)</p> <p>Research household waste (5)</p> <p>Food Safety, kitchen rules. (3)</p> <p>Plan your family Christmas dinner and create a menu card. (2)</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>AZDAN Module 7 Sections A & B covered through the year during practical and evaluations.</p> <p>Reflection & consolidation x2.</p>	<p>Cooking on a budget, the food industry, food industry.</p> <p>Create a poster or leaflet to inform about food waste. (5)</p> <p>Compare food advertisements. (1)</p> <p>Food price comparison. (6)</p> <p>Food Safety, storage. (2)</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>AZDAN Module 7 Sections A & B covered through the year during practical and evaluations.</p> <p>Reflection & consolidation x2.</p>	<p>Entertaining.</p> <p>Top 10 tips for planning a successful event. (10)</p> <p>Altering recipes for large groups and costings. (8)</p> <p>Review an episode come dine with me. (6)</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>AZDAN Module 7 Sections A & B covered through the year during practical and evaluations.</p> <p>Reflection & consolidation x1.</p>	<p>Food industry, food safety.</p> <p>Young people & body image. (3)</p> <p>Food production consumer guide. (7)</p> <p>Functions of additives in our food. (8)</p> <p>Food Safety, PPE (9)</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>AZDAN Module 7 Sections A & B covered through the year during practical and evaluations.</p> <p>Reflection & consolidation x2.</p>	<p>Food preparation.</p> <p>Comparing cooking methods. (3)</p> <p>Microwave safety. (6)</p> <p>Cooking gadgets. (2)</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>AZDAN Module 7 Sections A & B covered through the year during practical and evaluations.</p> <p>Reflection & consolidation x2.</p>

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YR10	<p>AQA YR10 Kitchen induction.</p> <p>Knife safety and chopping.</p> <p>Introduction to the NEA1, NEA2 and Exam, how YR10 links to Yr11.</p> <p>Eat Well Guide- Plan a teenagers balanced meal.</p> <p>Introduction to protein.</p> <p>Practical lessons to cover balanced diets with the use of HBV & LBV proteins.</p> <p>Dish/ Sensory Evaluation</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x2.</p>	<p>AQA YR10 Carbohydrates: sources, effects & amounts.</p> <p>Carbohydrates: Sugar, free sugar, hidden sugar and alternatives.</p> <p>Fats in the diet: functions, sources, effects, amounts and reducing fat in our diets.</p> <p>Vitamins in the body: Functions, sources, effects and dietary reference values.</p> <p>Water soluble vitamins</p> <p>Practical lessons to cover dishes with a range of vitamins and fats.</p> <p>Dish/ Sensory Evaluation</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x2.</p>	<p>AQA YR10 Minerals- Calcium, iron, salt & fluoride: Functions, sources, effects and dietary reference values.</p> <p>Mini NEA planning: Celebration meal, main course.</p> <p>Mini NEA planning: Celebration meal, dessert course.</p> <p>Mini NEA evaluation: Celebration meal.</p> <p>Practical lessons to cover mini NEA planned learner dishes and celebration events.</p> <p>Dish/ Sensory Evaluation</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x2.</p>	<p>AQA YR10 Dietary needs at different life stages.</p> <p>Special dietary needs</p> <p>Reduced fat and sugar dish alternatives.</p> <p>Energy needs and the body.</p> <p>Practical lessons to cover dish comparisons on standard Vs low fat, sugar alternatives and high protein.</p> <p>Dish/ Sensory Evaluation</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x1.</p>	<p>AQA YR10 The big six: Dietary related illnesses.</p> <p>The reasons why food is cooked: Heat transfer.</p> <p>Functional and chemical properties of food.</p> <p>Dextrinization, Maillard reaction and caramelisation.</p> <p>Practical lessons to cover balanced diets with the use of HBV & LBV proteins.</p> <p>Dish/ Sensory Evaluation</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x2.</p>	<p>AQA YR10 Microorganisms and the role they play.</p> <p>Food poisoning</p> <p>Factors that influence food choices.</p> <p>Recap of mini NEA from HT3.</p> <p>Practical lessons to cover balanced diets with the use of HBV & LBV proteins.</p> <p>Dish/ Sensory Evaluation</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x2.</p>

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YR11	<p>AQA YR11 Kitchen induction.</p> <p>Introduction to the GCSE year.</p> <p>NEA1- Section A research activity, investigations 1-3. (Released 1st September 2025)</p> <p>How to reference</p> <p>NEA1-Section B Practical investigations 1-3.</p> <p>NEA1- Section C Evaluation and analysis 1-3</p> <p>Portfolio building.</p> <p>Practical lessons to cover dishes within the NEA1.</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x2.</p>	<p>AQA YR11 NEA1- Section A research activity, investigation 4.</p> <p>NEA1-Section B Practical investigation 4.</p> <p>NEA1- Section C Evaluation and analysis 4</p> <p>Sections C Conclusion of the 4 research activities bringing together the findings from the 4 practical evaluations.</p> <p>Introduce NEA2 (Released 1st November 2025)</p> <p>NEA2 Section A research task.</p> <p>NEA2 Evaluation of skills dishes.</p> <p>Practical lessons to cover NEA2 skills levels.</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x2.</p>	<p>AQA YR11 NEA2- Section C Plan own menu Research recipes and create time plans</p> <p>Practice the three dishes on individual separate sessions.</p> <p>Evaluate the x3 practice sessions and adjust final time plans and recipes.</p> <p>NEA2 Formal controlled assessment. 3 hours and 3 dishes.</p> <p>NEA2 sensory evaluations NEA2 final analysis and costings.</p> <p>Portfolio building.</p> <p>Practical lessons to cover dishes within learner NEA2 planning.</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x2.</p>	<p>AQA YR11 Introduction to revision topics & mock exam.</p> <p>Mock exam delivered across x2 theory lessons to bench mark and evaluate.</p> <p>Practical lessons to build on the knowledge and skills learnt so far.</p> <p>Dish/ Sensory Evaluation</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x1.</p>	<p>AQA YR11 Exam Revision:</p> <p>Diet, nutrition & health</p> <p>Cooking of food and heat transfer.</p> <p>Functional & chemical properties of food.</p> <p>Principles of food safety</p> <p>Factors effecting food choice.</p> <p>Practical lessons to build on the knowledge and skills learnt so far.</p> <p>Dish/ Sensory Evaluation</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Highfield L2 Food Safety Exam</p> <p>Reflection & consolidation time x2.</p>	<p>AQA YR11 Exam Revision:</p> <p>British & international cuisine.</p> <p>Environmental impact & sustainability of food.</p> <p>FOOD GCSE EXAM!</p> <p>Post Exam treats in practical lessons to engage learners and keep them attending school.</p> <p>Dish/ Sensory Evaluation</p> <p>Allergen Awareness & food safety embedded throughout the year in each lesson.</p> <p>Reflection & consolidation time x1.</p>

Half Termly Career Focus

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Blue	Football Team Personal Chef	Fast Food: Shop Floor	Nutritionists & Dieticians	Exécutive Chef	Barista	Chef de Parti
Green	Sports Nutritionist	Food Procurement Manager	Hotel Chef	Party Planner	Sous Chef	Wimbledon Chef
YR10	School Kitchen Cook	Nutritionist	Events Planner	Pastry Chef	Soup Kitchen Volunteer	Health and Safety Inspector
YR11	Food Scientist	Chocolatier	Menu Development Chef	Cruise Ship Chef	Environmental Health Officer	High Street Chains