

Food Preparation and Nutrition Curriculum Plan – Key Stage 4

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Yr10	Topics Covered Basic skill development Practicals to support learning Functional properties of food Macronutrients 1: Protein – chicken and steak, fish cakes Carbohydrates – fish cakes, risotto Fats – demo only Skills/AOs/interleaved content Gelatinisation – Roux sauces Caramelisation – caramel, steak Dextrinisation - toast Plasticity – fats demo only Protein denaturation – cheesemaking demo only Gluten development - bread Shortening – caramel shortbread Emulsification – mayonnaise demo only Assessment Summative Assessment – Carbohydrates and Proteins	Topics Covered Macro-nutrients 2: Fruit and Vegetables vegetable curry (tarka dahl/saag aloo?), fruit smoothies Dairy – vanilla panna cotta Recall/Recap - Protein Coagulation – eggs – whites in meringues Micronutrients: Fat soluble vitamins Water soluble vitamins Minerals and antioxidants Portion size Diet related disease Water hydration Nutritional analysis Skills/AOs/interleaved content Identifying key ingredients to be used for different dietary requirements Gluten free recipe for coeliacs Egg free for vegans/egg allergies – egg free meringues Understand how nutrients impact health and wellbeing Green health shake Portion size and decorations - using fruit to decorate meringue (pavlova) Nutritional and Sensory analysis Assessment	Topics Covered Raising agents Baking Using different fats and oils for different outcomes Shortening Making flavour choices Skills/AOs/interleaved Content NEA1 – Food investigation trial project Forming a hypothesis Experimenting Recording results Evaluating findings Writing up findings	Topics Covered Environmental issues and food sustainability Seasonal foods Fish farming Transportation Food waste Packaging Farming techniques Food labelling Skills/AOs/interleaved content Using knowledge of food provenance to adapt and create different dishes Understand the impact on environment Overlap of food choice and food provenance Functional properties Assessment Summary assessment	Topics Covered Factors influencing food choice – Budgeting/low costing dishes – cook under £1 challenge limited time – cook in under 30 minutes challenge Religion and culture - alternatives Ethical and moral beliefs Vegetarian, vegan, animal welfare – tofu dish Fairtrade local produce – “Only from the North” challenge organic GM Medical conditions British cuisine Chicken tikka masala Functional properties of food Skills/AOs/interleaved Content Developing adapting dishes for a variety of individuals Impact of food choice Functional properties Sensory analysis Assessment Summative – Factors affecting choices plus Food Science	Topics Covered What makes a high skills dish? NEA 2 practice exam Applying knowledge of food science, provenance, choice and nutrition to variety of situations Nutritional analysis and Costing Revision Skills/AOs/interleaved Content Applying knowledge to pick appropriate dishes and be able to analyse aspects which are appropriate for different groups Practice NEA 2 skills Assessment Begin GCSE Controlled Assessment Analysis of Task Product Research Trial exam

		Summative Assessment – Food Science				
Yr11	GCSE Controlled Assessment NEA1 Food Investigation released 1 st September annually	GCSE Controlled Assessment NEA2 Practical Assessment released 11st November annually	GCSE Controlled Assessment Practical Assessments	GCSE Controlled Assessment Evaluation	Exam Preparation	Exam Preparation