

Food Prep & Nutrition

Time of year	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Hygiene and washing up Nutrient hand and carbohydrates Fruit salad demo and practical NSP and sugar Fats and protein Pasta salad demo and practical	Cheese and fats Food choice and pastries Greek salad demo and practical Additives and 5-a-day Grown food and boiling an egg Mince pie demo and practical	Wheat and gluten Bread demo and practical Italian cuisine and food intolerance Yeast and raising agents Pizza demo and practical Processed foods	Introduction to Y10 and food GCSE Carbohydrates - nutrient Scrambled egg demo and practical Protein and fat nutrient Jambalaya demo and practical Apple crumble demo and practical	NEA1 Task analysis Research Plan investigation Experiments Analysis Conclusions
Autumn 2	Dried fruit and basic equipment Rubbing in method and using an oven Cocoa and fairtrade Scone demo and practical Raising agents and energy intake Apple crumble demo and practical	Caught food and 8 tips for healthy lifestyle Fish and omega-3 and poaching eggs Organic food and vegetable cuts Stir fry demo & practical Intensively farmed & GM Pasta bake demo and practical	Fat science Cheese flan demo and practical Meat storage and feather icing Nutritional analysis and piping skills Protein science Sausage roll demo and practical	Micronutrients - vitamins Flaky pastry demo and tart tatin Micronutrients minerals Choux pastry demo and profiteroles Eat well guide, healthy eating, nutritional needs Christmas Yule Log	NEA1 Evaluations NEA2 Introduction Task analysis Research Recipe ideas Recipe plans

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Spring 1	Contamination and clean down Reared food and meat Cereals, diet and health Meatball demo and practical Oats and healthy teeth Flapjack demo and practical	Contamination and reared food Meat cuts and the Eatwell Guide Fajita demo and practical Types of bread and dextrinisation Cereal grains and following a recipe Chili-con-carne demo and practical	Poultry Curry and naan demo and practical Food advances and digestion Protein alternatives Nutrition through life Lemon drizzle demo and practical	Food science - protein Demo on portioning a chicken and goujons Food science carbohydrates and fats Stuffed chicken breast, fondant pots and jus Heat transfer	NEA2 Demo skills Practical write-up
Spring 2	Hygiene and washing up Nutrient hand and carbohydrates Fruit salad demo and practical NSP and sugar Fats and protein Pasta salad demo and practical	Cheese and fats Food choice and pastries Greek salad demo and practical Additives and 5-a-day Grown food and boiling an egg Mince pie demo and practical	Wheat and gluten Bread demo and practical Italian cuisine and food intolerance Yeast and raising agents Pizza demo and practical Processed foods	Food safety Chicken fricassee and rice Bacterial contamination, buying and storage Sensory evaluation - crisps and biscuits Easter gateau	NEA2 Selection of final dishes Final practical Evaluation



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Summer 1	Dried fruit and basic equipment Rubbing in method and using an oven Cocoa and fairtrade Scone demo and practical Raising agents and energy intake Apple crumble demo and practical	Caught food and 8 tips for healthy lifestyle Fish and omega-3 and poaching eggs Organic food and vegetable cuts Stir fry demo and practical Intensively farmed & GM Pasta bake demo and practical	Fat science Cheese flan demo and practical Meat storage and feather icing Nutritional analysis and piping skills Protein science Sausage roll demo and practical	Food choice - ethical, moral, intolerance and allergies Demo and make samosas Religion and presentations Cake experiments Food labelling	Revision
Summer 2	Contamination and clean down Reared food and meat Cereals, diet and health Meatball demo and practical Oats and healthy teeth Flapjack demo and practical	Contamination and reared food Meat cuts and the Eatwell Guide Fajita demo and practical Types of bread and dextrinisation Cereal grains and following a recipe Chili-con-carne demo and practical	Poultry Curry and naan demo and practical Food advances and digestion Protein alternatives Nutrition through life Lemon drizzle demo and practical	The perfect scone Food provenance Fish demo and gut fish Yorkshire pudding experiment	External examinations