	Year 7	Year 8	Year 9	Year 10	Year 11
Food Preparation Skills	• Knife skills (bridge and claw). • French Toast • Oat and Raisin Cookies • Savoury Scones • Chicken Goujons • Garlic Bread & Tomato Sauce • Equipment	• Cous Cous Salad • Soup • Pasta Bake • Pizza Whirl • Adapted Bolognese • Lemon Drizzle Muffins • Equipment	• Maids of Honour • Noodle Stir-fry • Yeast Based Practical (of student choice) • Lasagne • Layered Pastry (of student choice) • Equipment	• Preparing fruit and veg • Use of equipment • Cooking methods • Preparing, combining, shaping • Sauce making • Tenderising and marinating • Dough • Raising agents • Setting mixtures	• NEA 2 • Revision
Food, Nutrition & Health	• Eatwell guide • 8 Healthy eating Guidelines	• Dietary needs of different life stages. • Dietary related diseases. • Food Labelling	• Macro/Micro nutrients, functions and sources.	• Macronutrients • Micronutrients • Water • Fibre • Antioxidants • Nutritional needs and health	• NEA 2 • Revision
Food Science	• Key words: Dextrinization, Maillard Reaction. Linked to Cookies practical.	• Chemical/biological raising agent.	• Assessment based (yeast).	• Cooking of food • Heat transfer • Functional and chemical properties	• NEA 1 • Revision
Food Safety	• Personal hygiene and safety • Kitchen hygiene and safety	• Personal hygiene and safety • Kitchen hygiene and safety	• Personal hygiene and safety • Kitchen hygiene and safety	• Food spoilage and contamination. • Principles of food safety.	• NEA 2 • Revision
Food Choice	• Sensory evaluation.	• Health and dietary requirements. • Ethical and environmental issues.	• Nutritional analysis. • Food allergies	• Factors affecting food choice. • British/International cuisine. • Sensory evaluation. • Food labelling and marketing.	• NEA 2 • Revision
Assessment	• Practical skills • Research • Planning • Evaluation	• Practical skills. • Research • Planning • Evaluation • Analysis (nutritional)	• Practical skills. • Biological raising agent's investigation - yeast.	• End of unit tests • Mock exam (summer) • Practical skills	• NEA 1 – 15% • NEA 2 – 35% • Exam – 50%

Food Prep Curriculum Planning