



UNIT 1: 10/11 Developing cooking skills

Developing the 12 required practical skills. The complexity and challenge set becomes increased as students move through the course

UNIT 2: Y10 Food Safety

*Sources of foodborne illness
Pathogens
Food spoilage microorganisms
Temperature control
Cross contamination
Allergy and intolerance*

UNIT 3: Yr10 Applied in NEA2 Food provenance

*Food processing and production methods
Technological developments leading to better food and food production.
Importance of knowing where food is from and the impact on the environment and economy (yr11)*

UNIT 4: Yr10 Food Nutrition & Health

*Eatwell guide, links between diet and disease.
Function of macro and micro nutrients in the body.
Diet through life
Factors affecting food choices
Learning to be applied in year 11*

UNIT 5: Yr10 Food science, applied in NEA1

*Why and how food is cooked.
Chemical and functional properties of proteins, carbohydrates and fats.
Enzymic browning and oxidation
Raising agents
This knowledge has been drip fed in since yr7 but this is the first time the learning is formalised rather than applied to practical situations*

UNIT 6: Yr10, applied in NEA2 Food Choice

*Factors that influence peoples food choices
British an international cuisine. Students have choice of international cuisine to develop independent research skills.
Sensory analysis, this is developed in year 11 looking at a broad range of tests and how to analyse them*

UNIT 7 Yr 11 NEA1

*Task 1: Food investigation (30 marks)
Students' understanding of the working characteristics, functional and chemical properties of ingredients.
Students are to apply and develop their knowledge in this task which requires independent learning, to test a hypothesis through generation and analysis of raw data through practical experimentation.. To explain and apply findings justifying their points through reference to research.*

UNIT 8: Yr11 NEA2

*Task 2: Food preparation assessment (70 marks)
Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.
Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.*

UNIT 9: 10 &11 Exam preparation

Theoretical knowledge of food preparation and nutrition of units 2, 3, 4, 5 and 6 will be developed through low stakes quizzes, Q&A, end of unit assessment, walking talking mocks and formal examinations such as end of year and Yr 11 mock examination. Platforms such as Seneca are used to support students develop and retain knowledge.

It is important to note that the learning journey through food revisits and builds on the skills and knowledge listed in the units. By the very nature of the subject the knowledge and skills are intertwined and cannot be taught in a linear fashion nor should they be taught in isolation. Much of the journey is driven by the development of practical skills, these need to be delivered in order of increasing complexity. The ingredients used drive the links to units 3, 4, 5 & 6.

Health and safety is paramount so is revisited continuously through the course.