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|  | **Term 1**  **Key knowledge/skills** | **Term 2**  **Key knowledge/skills** | **Term 3**  **Key knowledge/skills** |
| **EYFS** |  |  |  |
| **Y1** |  |  |  |
| **Y2** |  |  |  |
| **Y3** |  |  |  |
| **Y4** |  |  |  |
| **Y5** |  |  |  |
| **Y6** |  |  |  |
| **Y7** |  |  |  |
| **Y8** |  |  |  |
| **Y9** | Health & safety, cutting skills  Food nutrition (understanding healthy diets).  Cooking methods, food storage, labelling and provenance | Food and the environment, food production, technological developments associated with food. | Understanding raising agents and setting mixtures.  Social, moral and ethical issues |
| **Y10** | Nutritional Needs and Health  • Eatwell Guide  • Life stages  • Special Diets  Energy Needs  • The Big 6  Diet, Nutrition and Health  Macronutrients  • Fat/ Carbs/ Protein  • Deficiencies  • Excess  • Sources  Micronutrients  • Vitamins/ Minerals  • Sources  • Excess  • Deficiencies  Food Safety:  Food Spoilage and contamination:  • Micro-organisms and enzymes  • Preparing and cooking food  • Micro-organisms in food production  • Bacterial contamination  • Food poisoning  Principles of Food Safety:  • Buying and storing food  Preparing and cooking food  Mock Exam  Practical Lesson once a week  Raising agents:  • Mechanical  • Chemical  • Biological  Preparing, serving and cooking food  Food choice  Food choice linked to religion  Food labelling  Food marketing  Mock Exam  Practical Lesson once a week  Food Science:  Cooking of food and heat transfer:  • Why and how?  • Cooking methods  Functional and chemical properties of food:  • Proteins  • Denaturation  • Coagulation  • Gluten formation  • Foam formation  • Carbohydrates  • Gelatinisation  • Dextrinisation  • Caramelisation  • Fats and Oils  • Shortening  • Aeration  • Plasticity  • Emulsification  Raising agents:  • Mechanical  • Chemical  Mock Exam  Practical Lesson once a week | British and international cuisine:  • British  • International  • Eating Patterns  • Traditional equipment  Food Provenance:  Environmental impact:  • Environment  • Production Methods  • Sustainability  • Seasonal foods  • Transportation  • Organic food  • MSC  • Food waste  • Packaging  • Free range  • GM  Food Safety 3.1 - Food spoilage and contamination  • Micro-organisms and enzymes • The signs of food spoilage  • Micro-organisms in food production • Bacterial contamination 3.2 - Principles of food safety  • Buying and storing food • Preparing, cooking and serving food (hygienically)  Mock Exam  Practical Lesson once a week |  |
| **Y11** | NEA 1:  Section A: Research  Section B: Investigation  Section C: Analysis and evaluation  Food Provenance  Food processing and production  • Food production (wheat, flour and pasta)  • Food production (flour and bread)  • Food production (milk, yoghurt and cheese)  • How processing affects the sensory and nutritional properties of ingredients  • Technological developments associated with better health and food production  Food Investigation  • Food science  • Hypothesis  • Theory writing  • Researching  • A02- Apply knowledge of  • understanding nutrition food  and cooking.  • A04- Analyse and evaluate  different aspects of nutrition  food and cooking.  NEA 2:  Section A: Researching the task  Section B: Demonstrating technical skills  Section C: Planning for final menu  Section D: Making final dishes  Plan, Prepare and Make.  • Research  • Demonstrate technical skills  • Practical Examination  • Planning final menu  • Analyse and evaluate  • Presenting  • Nutritional analysis  Sensory analysis | Revision for Mock exams  Mock Exam  Continue with NEA 2.  Revision  • Food, nutrition and health  • Food science  • Food safety  • Food choice  • Food provenance  • Food prep and cooking techniques | Revision  • Food, nutrition and health  • Food science  • Food safety  • Food choice  • Food provenance  • Food prep and cooking techniques  Written Exam prep  • Times exams  • Exam papers  • Big marker questions support/technique  EXAM |
| **Y12** |  |  |  |
| **Y13** |  |  |  |