



Topic	Term 1		Term 2		Term 3	
	Theory	Practical	Theory	Practical	Theory	Practical
<p>Year 7</p> <p>1 x 50 minutes a week</p> <p>(Alternate week theory/practical)</p>	<p>Learning Journey introduction and year outline/expectations</p> <p>Health & Safety Induction - layout of room, routines, cold storage</p> <p>RISK ASSESSMENT</p> <p>Eatwell Guide</p> <p>Blender Safety</p> <p>Investigating Seasonal Foods</p> <p>Food Science - Dextrinisation</p> <p>Ethical beliefs - Fairtrade</p>	<p>RA Knife skills - Bridge and Claw</p> <p>RA Safe Chopping & Storage Rainbow</p> <p>Salad</p> <p>RA Blender Safety - Blended Drink</p> <p>RA Hot Handling Sweet/Savoury</p> <p>Crumble</p> <p>RA Using the grill - Pizza Toast</p> <p>Banana Bread</p>	<p>8 tips for eating well/5 a day campaign</p> <p>Energy balance</p> <p>Properties and sources of ingredients and Melting Method</p> <p>Safe storage of foods</p> <p>Food Choice - Vegetarianism</p> <p>Herbs</p> <p>Spices</p> <p>Main Meal for teenager</p>	<p>Diet analysis task</p> <p>PP Practical test - RA Using hob - Flapjack</p> <p>(NEA 1 Mini Task) Food Spoilage</p> <p>Vegetable Stir fry/Wrap/Soup</p> <p>Cheese and Herb Scones</p> <p>Bombay Potatoes</p> <p>Shaping & forming - meatballs/falafels/kofta</p>	<p>Investigating where food comes from:</p> <ul style="list-style-type: none"> Starchy carbohydrates Dairy and alternatives Protein foods Fruit & Vegetables <p>Modifying recipes</p> <p>Industrial food/specifications</p> <p>Sensory Analysis</p>	<p>Spicy potato wedges</p> <p>Cheesy Pin wheels/scone based pizza</p> <p>Chicken Goujons/bean burgers</p> <p>Granola Bar/Dried Fruit</p> <p>(NEA 2 Mini practise Task - Shortbread Biscuits)</p> <p>Breakfast muffins</p> <p>Breakfast Muffins analysis</p>
<p>Year 8</p> <p>1 x 50 minutes a week</p> <p>(Alternate week theory/practical)</p>	<p>Learning Journey introduction and year outline/expectations</p> <p>Health & Safety Induction - layout of room, routines, cold storage</p> <p>RISK ASSESSMENT</p> <p>Working safely - Personal hygiene & food environment, role of EHO</p> <p>Eatwell Guide/Diet & Health</p> <p>Blender Safety</p> <p>Carbohydrates - Bread Process/ Fermentation</p> <p>Protein - Egg structure, nutrients & function (coagulation/emulsification/foam)</p>	<p>RA Knife Skills - Bridge and Claw</p> <p>RA Safe Chopping & Storage Staple</p> <p>Salad</p> <p>(pasta/rice/cous-cous) cooked at home)</p> <p>RA Using the Hob - Pasta Salad</p> <p>Blended Drink - RA - Using the Blender</p> <p>Flavoured Bread rolls- RA - Hot Handling</p> <p>Egg on Toast - RA Using the grill/Hob</p> <p>Mayo/meringue/coagulated</p>	<p>Fats</p> <p>Vitamins & Minerals</p> <p>Food choice</p> <p>School Food Plan</p> <p>Local/Regional Foods</p> <p>Fish/Meat handling</p> <p>Food waste and the environment</p> <p>International Foods - China/Mexico</p>	<p>Pastry (shortening) - Tart/pasty</p> <p>Tuna/Vegetable Pasta Bake/Soup</p> <p>Vegetarian Dish</p> <p>Hot school lunch/dessert</p> <p>Lincolnshire sausage plait/Eccles</p> <p>Cakes</p> <p>Burgers/Fish Cakes</p> <p>'Ready Steady Cook' - Kitchen basics</p> <p>Spring Rolls/Taco/Chilli</p>	<p>Spices theory</p> <p>Herbs theory</p> <p>Using Raising Agents - NEA 1</p> <p>Cooking for a Leisure Centre - NEA 2 + Budgeting & costing a dish</p> <p>Revision</p> <p>Exam</p> <p>Food Labelling, Packaging and the law</p>	<p>Choice of Spice - Savoury straws</p> <p>Choice of Herb - Herb Scones</p> <p>Low cost dish</p> <p>Best raising agent - (Scones in groups)</p> <p>Pupil chosen Product</p> <p>Package for Leisure Centre Product</p>
<p>Year 9</p> <p>3 x 50 minutes a week</p> <p>2 x theory</p> <p>1 x theory related practical</p>	<p>Course outline and structure</p> <ol style="list-style-type: none"> Dietary stages through life <p>Food Choice</p> <ol style="list-style-type: none"> Medical and diet related (allergens & intolerance) Ethical and Moral beliefs - (Food Security, Assured Food Standards, Fairtrade, organic, Soil association, RSPCA, Religion) Personal, social and economic reasons <p>5. Function of foods - Protein, Carbohydrates and Fats</p> <ol style="list-style-type: none"> Function of foods - Gluten Experimentation (Bread/Pasta) Function of foods - Aeration Experiments(Meringues/Swiss Roll) Function of foods - Shortening and plasticity (Pastry) Function of foods - Gelatinisation/Starches (Roux Sauce) Function of foods - Caramelisation/dextrinization/coagulation (French onion Soup) 		<ol style="list-style-type: none"> Chilled ready meals - manufacture, H&S Product labelling and the law Food packaging Nutritional Analysis Costing dishes Modifying recipes to meet specific needs e.g. one portion, family etc. <p>NEA 2 Practise Task (2 weeks) 'Festival Foods' - costing, planning, H&S, nutritional analysis and 2 x practical Dishes</p> <ol style="list-style-type: none"> Jobs in the food industry Food Poisoning and bacteria, moulds and yeasts Food spoilage 	<p>Culinary Traditions</p> <ol style="list-style-type: none"> British Cuisine (2 weeks) Italian Cuisine (2 weeks) Japanese Cuisine (2 weeks) <p>NEA 2 Practise Task (2 weeks) 'Street Food' - Planning, Costing, H&S, Nutritional Analysis and 2 x dishes</p> <ol style="list-style-type: none"> Revision Mock Exam Practical development - higher level skills (2 weeks) Choux Pastry, Coloured pasta, Meringue, shaped bread, piping, Teacake Challenge 		



<p>Year 10</p> <p>3 x 50 minutes a week</p> <p>2 x theory 1 x theory related practical</p>	<p>Course outline and structure</p> <ol style="list-style-type: none"> 1. Eatwell Guide, diet and nutrition 2. Special diets and major medical conditions 3. Modifying recipes 4. Energy balance <p>Macronutrients</p> <ol style="list-style-type: none"> 5. Carbohydrates 6. Protein 7. Fats <p>Micronutrients</p> <ol style="list-style-type: none"> 8. Vitamins, Minerals and water 9. Nutrients in food - Cereals, fruit & vegetables 10. Nutrients in food - Meat, fish, eggs & NDSOP 11. Foods high in fat and/or sugar 	<ol style="list-style-type: none"> 1. Food provenance - cereals, sugar, fruit and veg 2. Food provenance - meat and fish 3. Primary processing 4. Secondary processing - flour into pasta, milk into cheese 5. Processing and preserving foods 6. Food security - Fairtrade, GM foods 7. Food and the environment - food miles, carbon footprint 8. Fortification, additives and functional foods <p>Culinary Traditions</p> <ol style="list-style-type: none"> 9. British Cuisine 10. International Cuisine <p>NEA 2 Practise opportunity (2 weeks) International Cuisine - own choice</p>	<ol style="list-style-type: none"> 1. Factors affecting food choice <p>Food science</p> <ol style="list-style-type: none"> 2. Heat transfer - conduction, convection, radiation 3. Protein - acid denature, coagulation 4. Fats - shortening and plasticity 5. Carbohydrates - dextrinization, gelatinisation, caramelisation 6. Raising agents - chemical, mechanical, biological 7. Sensory properties <p>NEA 1 Full PractiseTask - 3 weeks (Chemical Raising Agents)</p> <ol style="list-style-type: none"> 8. Revision and Mock Exam 9. Food spoilage: Enzymic browning and oxidation 10. Food safety 11. Food labelling
<p>Year 11</p>	<p>Outline/expectations of the year</p> <p>NEA 1 preparation</p> <ul style="list-style-type: none"> • Background research on topic • How to complete an NEA guidance • Completion of NEA 1 and Mock Exam 	<p>NEA 2 preparation</p> <ul style="list-style-type: none"> • Developing higher level practical skills • Completion of NEA 2 written planning <p>Completion of practical exam</p> <p>Exam preparation: Topical Revision - separate plan</p>	<p>Exam</p> <ul style="list-style-type: none"> • Revision - separate plan • OCR FP&N Thursday 10th June 9.00am