

September-October Half Term

Year 7	Year 8	Year 9
kitchen safety awareness Diet and health	Nutrients	Suitable diets for different needs Science of fat
Recipes Boiled egg Coleslaw Dip and crudites	Recipes Mashed potato melting moments Bread rolls	Recipes Rice salad Spag bol Thai green curry
Enrichment activities	Enrichment Activities Cookery club	Enrichment Activities

November-December Half Term

Year 7	Year 8	Year 9
Vitamins and minerals - water soluble		Hygiene and safety in the kitchen - commercial and domestic
Recipes Fruit salad Scones Shortbread	Recipes Pizza Frittata Macaroni cheese	Recipes Scones Koftas Chocolate brownies
Enrichment activities House cooking challenge	Enrichment activities House cooking challenge Cookery club	Enrichment activities House cooking challenge

January-February Half Term

Year 7	Year 8	Year 9
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	Textiles	
Assessments/exams Year seven theory exam	product analysis Sketching Morehing plans and patterns Manufacture Packaging	Assessments/exams
Recipes Soup Pancakes chickpea curry	Enrichment activities Cookery club	Enrichment activities
February-April Half Term		
Year 7	Year 8	Year 9
Independent practical - adapting a recipe already cooked	Practical exam - developing own recipe	Adapting recipes for portion control and needs of individual
Assessments/exams Year seven Practical exam - preparation and assessment.	Assessments/exams Practical exam	Recipes Personal choice
Enrichment Activities	Enrichment Activities Cookery club	Enrichment Activities Practical NEA style practical
April-May Half term		
Year 7	Year 8	Year 9
Function of ingredients Different types of sugar	Sausage rolls Fruit crumble chocolate cake	Pastry the science and application of.

Assessments/exams Food science investigation - sugar Chocolate moulds	Assessments/exams Theory exam	Recipes Spinach pie Jam tarts Pinwheels
Enrichment Activities Cookery club	Enrichment Activities Cookery club	Enrichment Activities Food festival
June-July Half Term		
Year 7	Year 8	Year 9
<u>Recipes</u> Milkshakes and smoothies Planning	Taste testing and sensory analysis Factors influencing food choice	Pasta salad healthy breakfast Healthy lunch
Assessments/exams	Assessments/exams	Assessments/exams Food hygiene
Enrichment Activities Cookery club Food festival	Enrichment Activities Food festival	Enrichment Activities Food festival

September-October Half Term

Year 10, OCR Food Preparation and Nutrition		Year 11, OCR Food Preparation and Nutrition	
Two NEA's (50%) Exam (50%)		Two NEA's (50%) Exam (50%)	
<u>Nutrition and health</u> <i>Function and role of nutrients</i> -proteins -fats -carbohydrates -water soluble vitamins -minerals and trace elements The importance of water in the diet The importance of fibre in the diet		NEA 1 food investigation - Science/chemistry focus - 10 hours plus prep and eval time -	
Assessments/exams: No exam.		Assessments/exams: OCR Food Preparation and Nutrition No exam.	
		NEA task 1	
Enrichment activities		Enrichment Activities	
November-December Half Term			
Year 10		Year 11	
<u>Nutrition and health</u> <i>The relationship between diet and health</i> -Major diet related health issues and conditions -Adapting meals and diets -A balanced diet -Recommended daily amounts of nutrients <i>Energy and food</i> -Energy and food		NEA2 - 22 hours Planning and preparation Methods of working time plans cooking and skills required to make high level skills dishes	

Assessments/exams		Assessments/exams	
		Mock GCSE	
		NEA task 1	
Enrichment activities		Enrichment activities	
House cooking challenge		House cooking challenge	
January-February Half Term			
Year 10		Year 11	
FOOD Food provenance and supply Food processing and production Food security Technological developments to support better health and food production		Write up NEA 2, both lessons a week	
Assessments/exams: No Exam		Assessments/exams: No Exam	
		NEA task 2	
Enrichment activities		Enrichment activities	
February-April Half Term			
Year 10		Year 11	
Technological developments to support better health and food production Development of culinary traditions Factors influencing food choice		Science of ingredients - Why we cook food? Heat transfer Sensory properties of food	

Assessments/exams: No Exam		Assessments/exams: No Exam	
		NEA task 2	
Enrichment Activities - trip to food market ludlow and local market		Enrichment Activities	
April-May Half term			
Year 10		Year 11	
Topics Food preservation Food spoilage Commercial modern methods	Practicals Freezable dish Preserves	Revision Core topics -healthy eating -Diet through life stages	
Assessments/exams: No Exam		Assessments/exams: Actual GCSE exam.	
Enrichment Activities:		Enrichment Activities:	
Food festival		Food festival	
June-July Half Term			
Year 10			
Revision Healthy eating 8 governmental guidelines			
Assessments/exams			
Year 10 Exam Mock NEA task 2			
Enrichment Activities			
Food festival			