

**September-October Half Term**

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

**November-December Half Term**

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

**January-February Half Term**

<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
---------------	---------------	---------------

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

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

**September-October Half Term**

Year 10, OCR Food Preparation and Nutrition		Year 11, OCR Food Preparation and Nutrition	
<b>Two NEA's (50%) Exam (50%)</b>		<b>Two NEA's (50%) Exam (50%)</b>	
<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 -	
<b>Assessments/exams:</b> <b>No exam.</b>		<b>Assessments/exams: OCR Food Preparation and Nutrition</b> <b>No exam.</b>  <b>NEA task 1</b>	
<b>Enrichment activities</b>		<b>Enrichment Activities</b>	
<b>November-December Half Term</b>			
<b>Year 10</b>		<b>Year 11</b>	
<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	

<b>Assessments/exams</b>		<b>Assessments/exams</b>	
		Mock GCSE	
		NEA task 1	
<b>Enrichment activities</b>		<b>Enrichment activities</b>	
House cooking challenge		House cooking challenge	
<b>January-February Half Term</b>			
<b>Year 10</b>		<b>Year 11</b>	
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	
<b>Assessments/exams: No Exam</b>		<b>Assessments/exams: No Exam</b>	
		NEA task 2	
<b>Enrichment activities</b>		<b>Enrichment activities</b>	
<b>February-April Half Term</b>			
<b>Year 10</b>		<b>Year 11</b>	
Technological developments to support better health and food production  <b>Development of culinary traditions</b> <b>Factors influencing food choice</b>		<b>Science of ingredients -</b> <b>Why we cook food?</b> <b>Heat transfer</b> <b>Sensory properties of food</b>	

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

**BTEC Level 2 Qualification is available for some students**

To view qualification general information [please click here](#)

To view examination specifications [please click here](#)