

Time of year	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Health and safety Identifying hazards and control measures Personal hygiene and cross contamination Knife skills, weighing and measuring Intro to healthy eating Fruit salad practical Pasta salad practical Sweet scones practical	Recap of health & safety HATTIE Intro to macronutrients Fats and protein Greek salad practical Jam tart practical Burger practical	The Eatwell Guide Dietary needs at different ages Bread practical Pizza practical Adapting recipes Mini quiche practical Sausage rolls practical	Intro to GCSE Food Knife holds & vegetable cuts Cut practical Types of knives Soup practical The Eatwell Guide Healthy eating Nutritional needs Chicken enchilada practical Carbohydrates Fruit muffin practical Protein Chicken stir-fry practical	Food provenance - food and the environment Food waste Sustainability of food Jammy dodger practical Spaghetti bolognese practical NEA1 Task analysis Research Plan investigations Carry out investigations
Autumn 2	Healthy eating - The Eatwell Guide Five food groups and healthy diet Local foods Starchy carbohydrates Apple crumble practical Scone based pizza Vegetarian Chicken stir-fry	Different types of carbohydrates and functions in the diet Healthy eating - government guidelines and food labels Tuna pasta bake practical Fajitas practical Chili con carne practical	Dietary needs - lactose intolerance and coeliac disease Adapting recipes Chicken curry practical Lemon drizzle practical Investigation	Fats Quiche practical Chicken kebab practical Egg challenge practical Fat-soluble and water-soluble vitamins Bruschetta practical Lasagne practical Minerals and antioxidants Lemon drizzle cake Cheesecake practical	NEA1 Evaluation NEA2 Task analysis Research Plan section B recipes Section B dish 1

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Spring 1	Health and safety Identifying hazards and control measures Personal hygiene and cross contamination Knife skills, weighing and measuring Intro to healthy eating Fruit salad practical Pasta sala practical Sweet scones practical	Recap of health & safety HATTIE Intro to macronutrients Fats and protein Greek salad practical Jam tart practical Burger practical	The Eatwell Guide Dietary needs at different ages Bread practical Pizza practical Adapting recipes Mini quiche practical Sausage rolls practical	Food science - carbohydrates Custard & cake practical Food science - protein Pizza practical Swiss roll practical Food science - fats Victoria sponge practical Scone practical Mayonnaise practical Raising agents, cooking methods & heat transfer	NEA2 Section B dish 2 Section B dish 3 Plan for final dishes Time plan
Spring 2	Healthy eating - The Eatwell Guide Five food groups and healthy diet Local foods Starchy carbohydrates Apple crumble practical Scone based pizza Vegetarian Chicken stir-fry	Different types of carbohydrates and functions in the diet Healthy eating - government guidelines and food labels Tuna pasta bake practical Fajitas practical Chili con carne practical	Dietary needs - lactose intolerance and coeliac disease Adapting recipes Chicken curry practical Lemon drizzle practical Investigation	Fat investigation Food safety Food poisoning Bacterial contamination Sweet and sour chicken practical Chicken curry practical Chicken portioning Burger practical	NEA2 Time plan Final practical Evaluation Revision

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Summer 1	Health and safety Identifying hazards and control measures Personal hygiene and cross contamination Knife skills, weighing and measuring Intro to healthy eating Fruit salad practical Pasta sala practical Sweet scones practical	Recap of health & safety HATTIE Intro to macronutrients Fats and protein Greek salad practical Jam tart practical Burger practical	The Eatwell guide Dietary needs at different ages Bread practical Pizza practical Adapting recipes Mini quiche practical Sausage rolls practical	Micro-organism in food production and enzymes Apple tart practical Food choice, diet, nutrition and health Religion, medical, allergies, vegetarians Gluten-free brownie practical Chili con carne practical Sausage roll practical	Revision
Summer 2	Healthy eating - The Eatwell Guide Five food groups and healthy diet Local foods Starchy carbohydrates Apple crumble practical Scone based pizza Vegetarian Chicken stir-fry	Different types of carbohydrates and functions in the diet Healthy eating - government guidelines and food labels Tuna pasta bake practical Fajitas practical Chili con carne practical	Dietary needs - lactose intolerance and coeliac disease Adapting recipes Chicken curry practical Lemon drizzle practical Investigation	Sensory evaluation and special diet taste testing British and international cuisine Food provenance	External examinations