



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	<u>Knowledge and skills</u> Basic equipment Fruit and vegetable cuts Food spoilage Critical control points Preservation	<u>Knowledge and skills</u> Basic nutrition/eatwell guide/guidelines Nutritional needs throughout life Food choices – medical conditions Food choice – Vegetarians	<u>Knowledge and skills</u> Proteins – functions and sources/HBV/LBV/complementation Fats • Functions and sources • Fats vs oils • Saturated vs unsaturated	<u>Knowledge and skills</u> Carbohydrates – functions and sources Sugars and sweeteners	<u>Knowledge and skills</u> Vitamins and minerals/fat soluble/water soluble	<u>Knowledge and skills</u> Commodities – Fruits and vegetables • Classification • Importance and benefits • Seasonality and fair trade • Cooking/processing • Storage/preservation • Herbs and spices
10	<u>Knowledge and skills</u> Recap nutrition/eatwell guide/guidelines Commodities – meat, fish and eggs Animal welfare Nutritional value Meat cuts Composition and cooking Secondary processing	<u>Knowledge and skills</u> Commodities – meat, fish and eggs continued Storage/cross contamination/bacteria Sustainability Buying and storing Eggs; structure and functions Types of farming preservation	<u>Knowledge and skills</u> Soya, tofu, nuts and seeds Novel sources of proteins Raising agents – steam, yeast, CO2 Fermentation	<u>Knowledge and skills</u> Food spoilage – enzymes/moulds/yeast Food safety/storage/contamination Food waste Types of Preservation Tech development Additives	<u>Knowledge and skills</u> New foods – hydroponics Functional foods Convenience foods Sensory analysis Types of tests/fair tests	<u>Knowledge and skills</u> NEA2 mock NEA1 mock
11	<u>Knowledge and skills</u> NEA1 preparation and completion Aim/research/hypothesis/ Method/results/evaluation/ conclusion	<u>Knowledge and skills</u> NEA2 preparation – teaching of the topic associated with the released theme Research	<u>Knowledge and skills</u> NEA2 continued Trialling Write ups	<u>Knowledge and skills</u> NEA2 continued Write ups Selection of three dishes Time plan 3 hour practical exam Evaluation	<u>Knowledge and skills</u> Re-teaching of topics Revision Exam questions	