

Week 1 Autumn 1= two staff training days

	Autumn 1					Autumn 2					Spring 1					Spring 2					Summer 1					Summer 2														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
11	<b>Core knowledge</b> <ul style="list-style-type: none"> <li>• Macronutrients</li> <li>• Micronutrients</li> <li>• Energy requirements of individuals</li> <li>• Food provenance</li> <li>• Factors affecting food choice</li> <li>• Developing recipes and meals</li> <li>• Plan balanced diets</li> <li>• Milestone assessment</li> </ul>					<b>High level practical skills</b> <ul style="list-style-type: none"> <li>• Food spoilage</li> <li>• Food science</li> <li>• Portion a chicken</li> <li>• Fillet fish</li> <li>• Make a dough-pasta</li> <li>• Preparation for mock</li> </ul>					<b>Mock preparation</b> <ul style="list-style-type: none"> <li>• Exam technique.</li> <li>• Use of command words.</li> <li>• Section A focus (visual stimuli/ practical skills).</li> </ul>					<b>NEA 2 Assessment</b> <ul style="list-style-type: none"> <li>• Success criteria.</li> <li>• Assessment of exemplar NEA 2.</li> <li>• Analysis of structure.</li> <li>• Research methods.</li> <li>• Plan of action.</li> <li>• Justification of choices.</li> <li>• 3-4 practical trials.</li> <li>• Evaluation of trials.</li> <li>• Justification of choices for final.</li> <li>• Requisitions.</li> <li>• Time plan.</li> <li>• <b>3 hour practical assessment block (off timetable).</b></li> <li>• Evaluation.</li> <li>• Sensory analysis.</li> </ul>					<b>Revision and preparation for unit 1 assessment (examination)</b> <ul style="list-style-type: none"> <li>• Topic audit and recap.</li> <li>• Examination technique.</li> <li>• Command words.</li> <li>• Essay based question focus.</li> <li>• Scientific terminology.</li> <li>• Focus topics.</li> </ul>																			
10	<b>Commodities- Meat, fish, poultry, eggs</b> <ul style="list-style-type: none"> <li>• Geographical areas where meat, fish, poultry and eggs are reared/ produced.</li> <li>• Local vs. imported lamb, fish, eggs.</li> <li>• Intense vs. natural farming.</li> <li>• Farming, animal feed and shelter.</li> <li>• How fish is caught.</li> <li>• How poultry is reared and slaughtered.</li> <li>• Secondary processing of meat and poultry.</li> <li>• Classification and types of meat, fish, poultry and eggs.</li> <li>• Nutritional values.</li> <li>• Dietary considerations.</li> <li>• Religious considerations.</li> <li>• Denaturation, coagulation, foaming and aeration.</li> <li>• Connective tissue and how this affects the cooking method.</li> <li>• Maillard reaction.</li> <li>• Food hygiene and safety of meat, fish and eggs.</li> <li>• Tenderisation NEA 1 practise.</li> </ul>											<b>Commodities- Fruit and Vegetables</b> <ul style="list-style-type: none"> <li>• Provenance</li> <li>• How fruits and vegetables are grown.</li> <li>• Processing.</li> <li>• Classification.</li> <li>• Nutritional values.</li> <li>• Dietary considerations.</li> <li>• Food science.</li> </ul> <b>Commodities- Milk and dairy</b> <ul style="list-style-type: none"> <li>• Provenance of milk.</li> <li>• Food miles.</li> <li>• How cows are reared, fed and milked.</li> <li>• Methods of milk preservation.</li> <li>• Secondary processing of milk.</li> <li>• Different animal sources of milk.</li> <li>• Nutritional values of milk, cheese and yoghurt.</li> <li>• Dietary considerations.</li> <li>• Chemical and physical structure of dairy based products.</li> <li>• Food hygiene and safety of dairy.</li> <li>• NEA 2 practise- plan a suitable dish for a special diet.</li> </ul>											<b>Commodities- Cereals</b> <ul style="list-style-type: none"> <li>• Staple foods.</li> <li>• How climate affects the type of cereal that can grow.</li> <li>• GM crops.</li> <li>• Structure of grain.</li> <li>• How cereals are grown.</li> <li>• Milling of wheat into flour.</li> <li>• Secondary processing (breakfast cereal and pasta).</li> <li>• The range of cereals grown and eaten across the world.</li> </ul>					<b>Commodities- Fats, oils and sugars</b> <ul style="list-style-type: none"> <li>• Where sugar cane and sugar beet are grown.</li> <li>• Organic vs. non-organic and GM.</li> <li>• How butter is made.</li> <li>• Growth of vegetable crop for oil production.</li> <li>• Margarine processing.</li> <li>• Butter, oils and margarine classification.</li> <li>• Sugar and syrup classification and sugar substitutes.</li> <li>• Nutritional values.</li> <li>• Dietary considerations.</li> <li>• Plasticity, shortening, emulsification, melting/ smoke point.</li> <li>• Chemical and physical structure of sugar and syrup.</li> <li>• Caramelisation.</li> <li>• Storage of butter and margarine.</li> <li>• Shortening NEA 1 practise.</li> </ul>					<b>Commodities- soya,beans, nuts and seeds</b> <ul style="list-style-type: none"> <li>• How and where soya beans, nuts and seeds are grown.</li> <li>• How soya beans are cultivated.</li> <li>• Secondary processing- how soya is processed into tofu, TVP and soya milk.</li> <li>• Mycoprotein and where is it derived from and processed.</li> <li>• Preservation of beans, nuts and seeds.</li> <li>• Classification of soya products, beans, nuts and seeds.</li> <li>• Nutritional value and dietary considerations of soya products, Quorn, beans, nuts and seeds.</li> <li>• Storage of soya, quorn, beans, nuts and seeds (temperatures, allergen contamination and rancidity).</li> <li>• NEA 2 Practise- vegetarian focus.</li> </ul>							

**Preparation and Nutrition**

			<ul style="list-style-type: none"> <li>• Wheat, rice, oats.</li> <li>• The function and purpose of gluten free flour.</li> <li>• Nutritional values (fibre focus).</li> <li>• Fortification.</li> <li>• Dietary considerations.</li> <li>• Gluten formation, gelatinisation, coagulation, dextrinization, retrogradation.</li> <li>• Gluten ball NEA 1 practise investigation.</li> </ul>		
9	<p><b>Afternoon tea</b></p> <ul style="list-style-type: none"> <li>• Know the ingredients needed for basic mixtures.</li> <li>• Know the proportions of ingredients used in basic mixtures.</li> <li>• The range of cake making methods (rubbed in; creaming; whisking; melting; all-in-one).</li> <li>• The functional properties of cake ingredients.</li> <li>• The range of pastry making methods (shortcrust; suet; flaky; choux).</li> <li>• The range of sauce making methods (roux; blended; reduction; emulsions)</li> <li>• Batters.</li> <li>• Biscuits.</li> <li>• Consolidation of skills: Afternoon tea planning.</li> <li>• Research, designing, planning, presenting, evaluating.</li> </ul>	<p><b>Principles of nutrition</b></p> <ul style="list-style-type: none"> <li>• The key nutrients that are needed for good health.</li> <li>• Why the body needs nutrients.</li> <li>• The functions and sources of nutrients.</li> <li>• What happens if we have too many or too few nutrients.</li> <li>• The nutrients provided by different foods.</li> <li>• How water and fibre contribute to the diet.</li> <li>• Nutrition analysis.</li> </ul>	<p><b>Family tree- special diets/food choice</b></p> <ul style="list-style-type: none"> <li>• Diet related ill-health</li> <li>• The range of factors that influence food choice.</li> <li>• The choices that people make about foods according to culture, religion, ethical beliefs and medical reasons.</li> <li>• How to make informed choices to achieve a varied and balanced diet.</li> </ul>	<p><b>Around the world</b></p> <ul style="list-style-type: none"> <li>• The different types of cuisine available throughout the world.</li> <li>• The key ingredients and popular dishes from each cuisine.</li> <li>• What food provenance means.</li> <li>• The impact of food miles on the environment.</li> <li>• The importance of packaging on the environment.</li> <li>• The sustainability of food and food waste.</li> <li>• Food security and access for all.</li> </ul>	<p><b>Food science</b></p> <ul style="list-style-type: none"> <li>• Why foods are cooked.</li> <li>• How heat is transferred to foods.</li> <li>• The methods used for cooking foods.</li> <li>• How to maintain the nutritional value of foods through preparation.</li> <li>• The types and functions of raising agents.</li> <li>• The scientific principles behind preparing and cooking foods.</li> <li>• The basic terminology of food science.</li> </ul>

			<ul style="list-style-type: none"> <li>• Convenience foods.</li> <li>• Additives.</li> </ul>		
8	<p><b><u>Fakeaways</u></b> <b><u>Food safety</u></b></p> <ul style="list-style-type: none"> <li>• Understand biological, physical and chemical hazards and contaminants.</li> <li>• Explain binary fission and how to prevent food poisoning.</li> </ul> <p><b><u>Practical skills</u></b></p> <ul style="list-style-type: none"> <li>• Safe and hygienic preparation of raw meat.</li> <li>• Shaping, coating and enrobing.</li> <li>• Applying heat in different ways.</li> <li>• Testing for readiness (visual and use of food probe).</li> <li>• Frying and stir frying.</li> <li>• Baking.</li> <li>• Grilling.</li> </ul> <p><b><u>Diet</u></b></p> <ul style="list-style-type: none"> <li>• Understand current healthy eating advice (Eatwell guide and the 8 tips for healthy eating).</li> <li>• Nutritional needs through life.</li> <li>• The importance of water in the diet.</li> </ul> <p><b><u>Food choice</u></b></p> <ul style="list-style-type: none"> <li>• Portion size.</li> <li>• Factors affecting food choice.</li> <li>• Food marketing/ promotion.</li> <li>• Nutrition labelling.</li> </ul>			As per first rotation	
7	<p><b><u>Introduction to food</u></b> <b><u>Food safety and hygiene</u></b></p> <ul style="list-style-type: none"> <li>• The function of a range of equipment used in the practical food room.</li> <li>• Identify hazards that could occur in the practical food room.</li> </ul> <p><b><u>Practical skills</u></b></p> <ul style="list-style-type: none"> <li>• Progress tracking and target setting.</li> <li>• A range of knife skills including bridge hold, claw grip, peeling, grating and removing cores, seeds and stones.</li> <li>• Be able to use the hob and main oven.</li> <li>• Weighing and measuring accurately.</li> <li>• Presentation skills.</li> <li>• Rubbing in.</li> <li>• Rolling and shaping.</li> <li>• Creaming.</li> </ul> <p><b><u>Diet</u></b></p> <ul style="list-style-type: none"> <li>• Understand the eatwell guide and adapt a recipe based on the guide.</li> <li>• Energy values of foods and drink.</li> <li>• Oral health.</li> <li>• Hydration.</li> <li>• Adapting recipes for dietary needs.</li> </ul> <p><b><u>Where food comes from</u></b></p>			As per first rotation	

- Food miles and seasonality.
- Compare local to imported food.

***Food choice***

- Advertising
- Portion size
- Cost