

Food Preparation and Nutrition			Technology	
Term	Year 10	Year 11	Year 10	Year 11
Autumn 1 Autumn 2	Food, nutrition and health <ul style="list-style-type: none"> • functions and sources of the following: <ul style="list-style-type: none"> • Macronutrients • Micronutrients • Antioxidant vitamins and water • Minerals • Nutritional needs and health <ul style="list-style-type: none"> • Healthy eating, the Eatwell Guide • Nutritional needs for different life stages • Planning a balanced meal for specific • The major diet related health risks 	<ul style="list-style-type: none"> • How processing affects the sensory and technological developments. • Food additives • NEA Task 1: Food investigation • NEA Task 2: Food preparation assessment • How to answer exam style questions. 	Practical project and theory topic of New and Emerging Technologies.	Continue with course work and theory topic of Common specialist technical principals.
Spring 1	Food science <ul style="list-style-type: none"> • Cooking of food and heat transfer. • Selecting appropriate cooking methods. • Functional and chemical properties of food. • Chemical and mechanical raising agents • Biological raising agents 	NEA Complete course work and theory topics.	Complete practical project and start theory topic of Energy; Materials; Systems; Devices.	Complete course work and theory topic of Specialism
Spring 2	Food safety <ul style="list-style-type: none"> • Food spoilage and contamination • Microorganisms in food production • Principles of food safety • Preparing and cooking food 	Revision of all theory work	Continue with theory topic of Energy; Materials; Systems; Devices. Mini course work project used as an introduction to the GCSE course work	Revision of all theory work
Summer 1	Food choice <ul style="list-style-type: none"> • Factors affecting food choice • Food labelling and marketing influences • British and international cuisines 	Revision and exams	Complete mini course work and start theory topic of Materials and their properties.	Revision and exams
Summer 2	Food provenance <ul style="list-style-type: none"> • Sustainability of food and food security • Food processing and production • Primary and secondary processing. 	Revision and exams	Begin GCSE course work and complete theory topic	