

Year	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
7	<p><b>Topic:</b> Kitchen Safety and Hygiene, Basic Skills.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients .</p> <p><b>Focus:</b> Knife skills, oven safety, Food safety and hygiene, food science.</p> <p><b>Outcomes:</b> Croque Monsieur, enzymic browning Investigation. Independence and safety, sensory analysis.</p> <p><b>Duration:</b> 3-4 Lessons.</p>	<p><b>Topic:</b> Eat well Guide.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> Knife Skills, Rubbing In, Rolling and shaping pastry. Use of the Cooker.</p> <p><b>Outcomes:</b> Fruit Crumble, Mince pies. Food safety, Practical skills, nutrition and health, local food supplies.</p> <p><b>Duration:</b> 3-4 Lessons.</p>	<p><b>Topic:</b> Food security and religious foods.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> cooking on a budget, adapting a recipe, hob safety and food for religious celebration.</p> <p><b>Outcomes:</b> Tomato Ragù, Pancakes, kitchen safety, budget recipes, religious foods.</p> <p><b>Duration:</b> 3-4 Lessons.</p>	<p><b>Topic:</b> Food Science and Food Provenance.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients,</p> <p><b>Focus:</b> Function of ingredients, animal welfare.</p> <p><b>Outcomes:</b> Egg investigation, Omelette, cake investigation, Small cakes practical. Using the oven and hob, functions of ingredients.</p> <p><b>Duration:</b> 3-4 Lessons.</p>	<p><b>Topic:</b> Food Choice and Safety.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients</p> <p><b>Focus:</b> Preventing cross contamination, Enrobing. Comparison of shop vs homemade on health.</p> <p><b>Outcomes:</b> Chicken Nuggets, Sauce Investigation, Vegetable Gratin. Using high risk foods. Using oven, nutritional analysis.</p> <p><b>Duration:</b> 2-3 Lessons.</p>	<p><b>Topic:</b> British and International food and Food science.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> Gelatinisation, roux sauce, British dishes, food miles.</p> <p><b>Outcomes:</b> Sauce Investigation, Vegetable Gratin, Great British Scone Bake Off, Function of ingredients, environmental impacts, consistency in baking.</p> <p><b>Duration:</b> 3-4 Lessons.</p>
8	<p><b>Topic:</b> 4'Cs of Food Hygiene, Knife skills.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> Controlling cross contamination, Knife skills, hob safety.</p> <p><b>Outcomes:</b> Fajita's, Independence and food safety and hygiene, using high risk foods, sensory analysis.</p> <p><b>Duration:</b> 3-4 Lessons.</p>	<p><b>Topic:</b> Eat well Guide and British Food Traditions.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> Knife Skills, Reduction Sauce, Rubbing In, Shortening, Use of the Cooker.</p> <p><b>Outcomes:</b> Bolognese Sauce, Puff pastry Christmas Trees, Food safety, Practical skills, nutrition and health, British Events.</p> <p><b>Duration:</b> 3-4 Lessons.</p>	<p><b>Topic:</b> Food Science and religious foods.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> Function of ingredients, diet related diseases.</p> <p><b>Outcomes:</b> Yeast Investigation, Bread Rolls, Functions of yeast, Impact of diet on health restrictions.</p> <p><b>Duration:</b> 3-4 Lessons.</p>	<p><b>Topic:</b> Food Choice, Diet, nutrition and health.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> Preventing cross contamination, Enrobing. Comparison of shop vs homemade on health. Function of ingredients.</p> <p><b>Outcomes:</b> Fruit Muffins or Fruit Bakewell Tray Bake, Burgers, using high risk foods. modifying recipes for specific diets.</p> <p><b>Duration:</b> 2-3 Lessons.</p>	<p><b>Topic:</b> Food Choice, Diet, nutrition and health, Food Science</p> <p><b>Resources:</b> Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> Preventing cross contamination, Enrobing. Comparison of shop vs homemade on health. Function of ingredients.</p> <p><b>Outcomes:</b> Pasta Bake, Egg Foam investigation, Lemon meringue cookies, modifying recipes, Aeration using foams.</p> <p><b>Duration:</b> 2-3 Lessons.</p>	<p><b>Topic:</b> British Cuisine and Food Science.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients. recipe.</p> <p><b>Focus:</b> Raising agents, technical skills, end of year test.</p> <p><b>Outcomes:</b> Swiss Roll Bake Off, Function of ingredients, consistency in baking and creativity.</p> <p><b>Duration:</b> 3-4 Lessons.</p>

<p><b>9</b></p>	<p><b>Topic:</b> Food Preparation Skills, Food Choice.</p> <p><b>Resources:</b> Workbooks, recipes, ingredients. Computers for nutrition and costings.</p> <p><b>Focus:</b> Knife skills, homemade vs shop bought, use of oven, family meals.</p> <p><b>Outcomes:</b> Carrot knife cuts, Tomato Salsa, Scotch Egg</p> <p><b>Duration:</b> 3/4 Lessons.</p>	<p><b>Topic:</b> Food Choice, Food Science, Preparation Techniques</p> <p><b>Resources:</b> Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> Technical skills, Nutritional labelling and homemade v shop bought. Function of ingredients.</p> <p><b>Outcomes:</b> Scotch Egg, Fats in Pastry Investigation, Yule Log, chocolate decorative techniques, raising agents.</p> <p><b>Duration:</b> 3/4 Lessons.</p>	<p><b>Topic:</b> Food Provenance, Preparation Skills</p> <p><b>Resources:</b> Worksheets, Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> Technical Skills and British and international cuisines. Sensory evaluation, raising agents, decorative techniques.</p> <p><b>Outcomes:</b> Cornish Rolls, Thai Chicken Curry or Stir Fry.</p> <p><b>Duration:</b> 3/4 Lessons.</p>	<p><b>Topic:</b> Food Choice and Nutrition and Health .</p> <p><b>Resources:</b> Workbooks, recipes, ingredients.</p> <p><b>Focus:</b> Technical Skills, Religious Food, enriched doughs, use of oven.</p> <p><b>Outcomes:</b> Hot Cross Buns,</p> <p><b>Duration:</b> 3 Lessons.</p>	<p><b>Topic:</b> Food Science, NEA 1 Mock</p> <p><b>Resources:</b> Mock NEA 1 Workbook, Ingredients for investigations and practical lesson.</p> <p><b>Focus:</b> Technical Skills and Function of Ingredients, gluten formation, gelatinisation.</p> <p><b>Outcomes:</b> Gluten in pasta investigation, Roux sauce Investigation, Fresh Pasta and Roux sauce of choice.</p> <p><b>Duration:</b> 2/3 Lessons.</p>	<p><b>Topic:</b> Food Provenance and NEA 2 Mock.</p> <p><b>Resources:</b> Mock NEA 2 Workbook, Ingredients for practical lesson. Computers for research and evaluation.</p> <p><b>Focus:</b> Technical Skills, Seasonal foods, Time planning, NEA pro-forma.</p> <p><b>Outcomes:</b> Final product chosen by student.</p> <p><b>Duration:</b> 3/4 Lessons.</p>
<p><b>10</b></p>	<p><b>Topic:</b> Eat well Guide and Macronutrients.</p> <p><b>Resources:</b> Workbooks, Computers for research and nutritional analysis, ingredients, recipes.</p> <p><b>Focus:</b> Dietary recommendations, Protein, Carbohydrates, Fats. Recipe Modification.</p> <p><b>Outcomes:</b> Teenage nutrition cook, Reducing sugar investigation, portioning a chicken, added fibre and reduced sugar cake, quiche modification, Lemon Meringue pie.</p> <p><b>Duration:</b> 12 Lessons.</p>	<p><b>Topic:</b> Micronutrients &amp; Mock NEA 2.</p> <p><b>Resources:</b> Workbooks, ingredients, recipes computers for nutritional analysis and research.</p> <p><b>Focus:</b> Nutrition and health, fat and water soluble vitamins, antioxidants, minerals, technical skills, recipe adaptation.</p> <p><b>Outcomes:</b> Vitamin , soup/ salad, teenage meal protein, calcium &amp; vitamin D, Family HBV &amp; Eatwell meal, Choux pastry wreath or tree.</p> <p><b>Duration:</b> 14 Lessons.</p>	<p><b>Topic:</b> Food Choice &amp; Diet, Nutrition and Health.</p> <p><b>Resources:</b> Workbooks, computers for research and nutritional analysis, ingredients, recipes.</p> <p><b>Focus:</b> Technical skills, Dietary needs through life, allergies and intolerances, dietary illnesses, recipe modification, costings.</p> <p><b>Outcomes:</b> Allergies &amp; Intolerances investigation, Layered chilled dessert, 20% Energy adult dish, 2 courses for specific dietary illness.</p> <p><b>Duration:</b> 12 Lessons</p>	<p><b>Topic:</b> Food Science - Heat transfer, micro-organisms, function of ingredients.</p> <p><b>Resources:</b> Workbooks, Ingredients, recipes.</p> <p><b>Focus:</b> Micro-organisms, enzymes, food production, heat transfer, conduction, convection and radiation, raising agents, NEA 1 practice.</p> <p><b>Outcomes:</b> Vegetable cooking methods investigation, kebabs &amp; vegetables, yeast experiment, enzymic browning, gluten ball investigation, functions of proteins, fats and raising agents, homemade cheese &amp; crackers,</p> <p><b>Duration:</b> 12 Lessons.</p>	<p><b>Topic:</b> Food Choice - environment &amp; Mock NEA 2.</p> <p><b>Resources:</b> Workbooks, ingredients, recipes, computers for nutritional analysis.</p> <p><b>Focus:</b> Sustainability, organic, food production, seasonality, food poverty.</p> <p><b>Outcomes:</b> Filleting fish, British seasonal family meal for £10.</p> <p><b>Duration:</b> 12 Lessons.</p>	<p><b>Topic:</b> Food Science</p> <p><b>Resources:</b> Workbooks, ingredients, recipes, computers.</p> <p><b>Focus:</b> Mock NEA 1 Food investigation Task. Food science. Revision for end of year mocks.</p> <p><b>Outcomes:</b> Mock run through of NEA 1 Food Investigation. Template to use for real NEA 1 in Year 11, practice at researching, planning, conducting and analysing food science experiments.</p> <p><b>Duration:</b> 12 Lessons.</p>

<p><b>11</b></p>	<p><b>Topic:</b> Food Science Investigation - NEA 1 (15%)</p> <p><b>Resources:</b> Digital NEA 1 document, ICT and ingredients. AQA textbooks, revision guides, exemplar NEA 1 projects.</p> <p><b>Focus:</b> Research, function of Ingredients, experiments, recording results, analysis and evaluation.</p> <p><b>Outcomes:</b> 1500-2000 report, 3 experiments to investigate the functions of ingredients, evaluation of how results can improve future cooking.</p> <p><b>Duration:</b> 12 Lessons.</p>	<p><b>Topic:</b> Food Preparation Task - NEA 2 (35%) Revision for Winter Mocks</p> <p><b>Resources:</b> ICT, Practice exam papers. AQA textbooks and revision guides, exemplar NEA 2 projects.</p> <p><b>Focus:</b> Revision, Long answer questions. Research, Research summary, Initial Ideas, selection of Technical skills cooks. Sensory Analysis.</p> <p><b>Outcomes:</b> Section A complete. Technical skills cooks justified, exam techniques for long answer questions. Technical skills 1 planned and cooked.</p> <p><b>Duration:</b> 14 Lessons.</p>	<p><b>Topic:</b> AQA NEA 2.</p> <p><b>Resources:</b> ICT, AQA textbooks and revision guides, exemplar NEA 2 projects.</p> <p><b>Focus:</b> Plan and cook Technical skills 2 &amp; 3. Sensory Analysis and evaluation of 3 technical skills cooks. Justify and dovetail final menu. 3 hour practical exam.</p> <p><b>Outcome:</b> Section B, C, D complete. 2 Technical skills cooks justified, Dovetail time plan for final 2 dishes. 3 hour practical exam, sensory analysis of final 2 dishes.</p> <p><b>Duration:</b> 10 Lessons.</p>	<p><b>Topic:</b> AQA NEA 2.</p> <p><b>Resources:</b> ICT, AQA textbooks and revision guides, exemplar NEA 2 projects. Practice exam questions.</p> <p><b>Focus:</b> Section E— Analysis and Evaluation of 2 final dishes. Revision for Spring Mocks.</p> <p><b>Outcome:</b> Revision for mocks. Complete Section E—Sensory, Nutritional and costings of recipes. Improvements and final evaluation. Submission of controlled assessment.</p> <p><b>Duration:</b> 12 Lessons.</p>	<p><b>Topic:</b> Food Provenance, Food Safety, Food Choice, Food Science and Food nutrition.</p> <p><b>Resources:</b> Revision materials, AQA revision and text books, Revision guides.</p> <p><b>Focus:</b> Revision (Exam questions).</p> <p><b>Outcomes:</b> Understanding and recapping topics from Y9 and Y10. Covering content from 'AQA Food Preparation and nutrition'.</p> <p><b>Duration:</b> 11 Lessons.</p>	
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