

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	Knowledge and skills Basic equipment Fruit and vegetable cuts Food spoilage Critical control points Preservation	Knowledge and skills Basic nutrition/eatwell guide/guidelines Nutritional needs throughout life Food choices – medical conditions Food choice – Vegetarians	Knowledge and skills Proteins – functions and sources/HBV/LBV/complementation Fats <ul style="list-style-type: none"> • Functions and sources • Fats vs oils • Saturated vs unsaturated 	Knowledge and skills Carbohydrates – functions and sources Sugars and sweeteners	Knowledge and skills Vitamins and minerals/fat soluble/water soluble	Knowledge and skills Commodities – Fruits and vegetables <ul style="list-style-type: none"> • Classification • Importance and benefits • Seasonality and fair trade • Cooking/processing • Storage/preservation • Herbs and spices
10	Knowledge and skills Recap nutrition/eatwell guide/guidelines Commodities – meat, fish and eggs Animal welfare Nutritional value Meat cuts Composition and cooking Secondary processing	Knowledge and skills Commodities – meat, fish and eggs continued Storage/cross contamination/bacteria Sustainability Buying and storing Eggs; structure and functions Types of farming preservation	Knowledge and skills Soya, tofu, nuts and seeds Novel sources of proteins Raising agents – steam, yeast, CO2 Fermentation	Knowledge and skills Food spoilage – enzymes/moulds/yeast Food safety/storage/contamination Food waste Types of Preservation Tech development Additives	Knowledge and skills New foods – hydroponics Functional foods Convenience foods Sensory analysis Types of tests/fair tests	Knowledge and skills NEA2 mock NEA1 mock
11	Knowledge and skills NEA1 preparation and completion Aim/research/hypothesis/ Method/results/evaluation/ conclusion	Knowledge and skills NEA2 preparation – teaching of the topic associated with the released theme Research	Knowledge and skills NEA2 continued Trialling Write ups	Knowledge and skills NEA2 continued Write ups Selection of three dishes Time plan 3 hour practical exam Evaluation	Knowledge and skills Re-teaching of topics Revision Exam questions	