Design & Technology – Food Preparation & Nutrition Curriculum Long Term Planning

		Term 1	Term 2	Term 3
Year 10	Big Idea	Food, Nutrition & Health / Food Science	Food Safety & Food Choice	Food Provenance & Mock NEA Mock NEA 2
	Key Knowledge and skills	**Theory lessons, demonstrations and investigations** <u>Food, Nutrients and health</u> Macro-nutrients, Protein - HBV/LBV, complementation and protein alternatives Fats - saturated fats and unsaturated fats, Carbohydrates - sugar, starch. Fibre. Health - Functions and sources, excess, deficiency, RDIs Micro-nutrients, Fat sol vitamins and water sol vits, minerals, water functions and sources, excess, deficiency, RDIs Food nutrients revision lesson <u>Food Science</u> Why is food cooked? Different heat transfer – different cooking methods. Function and chemical properties of nutrients - protein, carbohydrates, fats and fruit and veg Raising agents – chemical, mechanical, steam and biological **One practical lesson a week** Practical Lessons- Food preparation skills 1-12 will be taught through a practical lesson each week and recipes will link to the theory content	**Theory lessons, demonstrations and investigations** <u>Food Safety</u> Microorganisms, Enzymes, Food spoilage, bacterial contamination, microorganism used in food production Buying and storing food, preparing, cooking and serving food. <u>Food Choice</u> Factors affecting food choice, food labelling and marketing, British and international cuisines, Sensory Evaluation **One practical lesson a week** Practical Lessons- Food preparation skills 1-12 will be taught through a practical lesson each week and recipes will link to the theory content.	**Theory lessons, demonstrations and investigations** <u>Food Provenance</u> Food sources – grown, reared, caught Environmental issues associated with food, sustainability Impact of food on local and global markets & communities Food Production – primary and secondary stages, Effects of processing, technologies – fortification, modified foods Preservation **Mock NEA 2** TASK - plan, prepare, cook and present a range of dishes to be sold in a cafe that is promoting a traditional British afternoon tea. Use a variety of cake making methods and raising agents. Present two dishes.
	End Point	End of unit assessment on Food, nutrition & health End of unit assessment on Food Science Practical lesson will be graded as pupils demonstrate their food preparation skills	End of unit assessment on Food Safety End of unit assessment on Food Choice Practical lesson will be graded as pupils demonstrate their food preparation skills Mock Exam – Focus on 4 units covered	Mock NEA 2 leading to a 2 hour practical exam End of unit assessment food provenance

Year 11	Big Idea	NEA 1 –completed by Oct half-term NEA 2 Section A & B Theory – Recap Food, Nutrition & Health / Food Science	NEA 2 Section B, C, D & E Theory – Recap Food Safety & Food Choice	Exam Revision
	Key Knowledge and skills	NEA 1 – Food Investigation (Not to exceed 10 hours) Exam tasks released Sept 1st Assessment objectives = AO2, AO3, AO4 NEA 2 – Food Preparation Assessment (not to exceed 20 hours) Exam tasks released 1st Nov **One theory lesson a week** Recap knowledge from year 10 - unit 1 Nutrition & health/ unit 2 food science	NEA 2 – Food Preparation Assessment (not to exceed 20 hours) Section B – Technical Skills Section C – Planning the final menu Section D- Making the final dishes Section E – Analyse and evaluate **One theory lesson a week** Recap knowledge from year 10 - unit 1 Nutrition & health/ unit 2 food science	Recap all key knowledge learnt in YR10 1 – Food Nutrition & health 2 – Food Science 3 – Food Safety 4 – Food Choice 5 – Food Provenance Gaps in assessment to direct topics covered.
	End Point	NEA 1 - Written report including photographic evidence of the food investigation. To mark coursework in line with the marking criteria : AO2, AO3, AO4 NEA 2 – Witten portfolio including photographic evidence of food preparation skills. Section A – Researching the task Section B - Demonstrating Technical Skills	Section D – 3 hour practical assessment NEA 2 – Witten portfolio including photographic evidence of food preparation skills. To be completed before Easter break	NEA 2 – Marked and centre marks inputted by May Final Examination June27