

Food Science including Food and Preparation and Nutrition

	HALF TERM 1	HALF TERM 2	HALF TERM 3	HALF TERM 4	HALF TERM 5	HALF TERM 6
7	Kitchen Induction, Eggy Bread, Fruit Fusion, Layered Pasta Salad, Fruit Crumble, Spaghetti Bolognese/Chilli, Savoury Rice, Cheesy Spirals	Basic food preparation skills. Practical's: Chow Mein, Pizza, Shaped Bread Rolls, Pasta Bake, Savoury Scones & Butter, Festive Savoury Plait, Mince Pies	Healthy eating and carbohydrate-based dishes. Practical's: Savoury Rice, Cheesy Spirals, Chow Mein.	Nutrition and meal planning. Bread making and dough products. Practical's: Cottage Pie, Pineapple Upside Down Cake, Cupcakes, Speedy Biryani, Meatballs in Tomato Sauce, Breakfast Pancakes		
8	Skill development and multicultural foods. Practical's: Banana Muffins, Pizza Pinwheels, Chicken Nuggets, Spring Rolls.	Advanced practical skills. Practical's: Cheesecake, Swedish Meatballs, Enchiladas, Chicken Curry	Food science Practical's: Sausage Rolls, Tuna Fishcakes, Festive Savoury Plait. Sweet and Sour Chicken,	Pastry and dessert making. Practical's: Profiteroles, Maids of Honour, Fruity Flapjack. Summer Swiss Roll/Yule Log, Brownies with custard,		
9	Independent cooking and advanced skills. Practical's: Pretzels, Fresh Pasta Ravioli, Jambalaya, Artisan Focaccia.	Food science and skill refinement. Practical's: Savoury Plate Pie, Marinated Chicken Wings/Drumsticks & Coleslaw, Calzone, Katsu Curry,	Advanced food preparation and presentation. Practical's; Pavlova, Festive Savoury Plait, Mince Pies	High-level practical skills. Practical's: Chicken Kiev, Jointing a Chicken, Chicken Chasseur, Scones & Jam, Victoria Sandwich, Chilled Lemon Flan		
10	Food, Nutrition and Health - Nutrients, healthy eating, dietary needs, energy balance, the Eatwell Guide and diet-related health issues. Practicals linked	Food Choice - Factors affecting food choice including culture, religion, ethics, sustainability, food labelling, sensory analysis and consumer choice. Practical	Food Provenance - Food production, food security, sustainability, environmental impact, food miles, seasonality, local and global food systems. Practicals	Food Commodities - Fruit and vegetables, cereals, potatoes, fats and oils, dairy, meat, fish, eggs and alternative proteins. Practical's developing knowledge of	Preparation Skills - Advanced practical skills, knife skills, pastry, sauces, raising agents, dough products, meat, fish and poultry preparation.	Food Science - Functions of ingredients, heat transfer, chemical and biological changes, raising agents, gelatinisation, coagulation,

	to nutritional needs and healthy meal planning.	investigations and recipe adaptation.	linked to provenance and sustainability.	ingredients and their functions.	Preparation for NEA-style practical tasks.	dextrinisation, caramelisation and food spoilage. Practical investigations and examination preparation.
11	NEA 1 Food Investigation Task.	NEA 2 Food Preparation Task.	Completion of NEA assessments. Practical exam.	Revision of Nutrition, Food Science, Food Choice and Commodities	Exam preparation.	

Scope:

Our Food Science curriculum aims to develop students' understanding of nutrition, healthy eating, food science and practical cookery skills, while fostering a lifelong appreciation of food and cooking. Through a broad and ambitious curriculum, students learn essential life skills that enable them to prepare nutritious meals safely, confidently and independently. Students develop an understanding of food provenance, sustainability, seasonality and the environmental impact of food choices. They explore a diverse range of cuisines and cultural influences, broadening their understanding of the world around them. At Key Stage 4, students build upon this foundation through the AQA GCSE Food Preparation and Nutrition specification, developing deeper knowledge of nutrition, food science, food choice and food preparation skills.

Rigour:

Our curriculum is underpinned by the academic disciplines of food science, nutrition and consumer education. Students develop secure substantive knowledge of nutrition, food safety, food provenance, sustainability and food choice, alongside the disciplinary knowledge required to investigate, analyse, evaluate and make informed decisions about food. Practical lessons are carefully designed to develop technical skills and precision, with students expected to demonstrate increasing independence and accuracy in the preparation, cooking and presentation of food. High expectations of subject-specific vocabulary, written communication and evaluation ensure that students can articulate their understanding using accurate and technical language.

Sequencing:

Knowledge and skills are deliberately sequenced to ensure students build secure foundations before progressing to more complex concepts and techniques. In Year 7, students focus on kitchen safety, hygiene, basic nutrition and fundamental practical skills. In Year 8, students broaden their repertoire of cooking techniques while developing a deeper understanding of healthy eating, food science and food provenance. In Year 9, students refine and combine practical skills, explore more complex dishes and strengthen their understanding of nutrition, sustainability and food choice. This progression prepares students for the demands of GCSE study, where they apply and deepen their knowledge through increasingly sophisticated practical and theoretical learning.

Coherence:

The curriculum is structured around the key concepts of nutrition, health, food science, practical competency, sustainability and informed food choice. These concepts are revisited throughout each key stage, allowing students to make connections between topics and deepen their understanding over time. Practical outcomes are explicitly linked to theoretical knowledge, ensuring students understand not only how to prepare food but also why ingredients behave as they do and how food choices impact health, society and the environment. This coherent approach enables students to develop both the knowledge and skills required to become confident, informed and independent consumers and cooks.