					Te	erm 1	а			Т			Term	n1b			Te	erm 2a	3			Term	2b			Tern	n 3a			Te	rm 3b		
	Topic title	SUMMARY OF KNOWLEDGE ACQUISTION	APPROXIMATE DURATION (Lessons)	1	2	3 4	5	6	7	8	1	2 3	3 4	5	6 7	1	2	3 4	5	6	1 2	3	4 5	5 6	1	2 3	8 4	5	1	2 3	4	56	7
Year 7																																	
1	Food Commodities	Fruit & vegetables, cereals, meat,	10-15																														
2	Macro & Micronutrients	Protein, fat, carbohydrate	4-5																														
3	Diet & Good Health	Balanced diets, Eatwell guide, energy,	4-6													Π																	
4	The Science of Food	Hygiene, health & safety, sensory analysis	3-4													Π												Π		П			
5	Where Pood Comes	Food origin, food modification	2-3													Ħ												Ħ					
6	Cooking & Food Preparation	peel/slice/dice etc., weighing, basic kitchen equipment, us of raising agents). Use of oven. Fruit salad, fruit crumble, burgers, healthy muffins, scones, flapjack, chilli, pizza, cak competition.	24																														
7	Food Investigation	Practical investigation, food experiment, research, plan, analyse & evaluate.	5-8													Π			T				T	T									Π
Veet 9																								T						Π			
Teal o	Food Commodities	Flour parts coroals fich most	10.15	T	T	ľ				T		T			T			T		t				t		T	T	Π	T	T			
1	Macro & Micronutrients	Flour, pasta, cereais, risir, fileat,	10-15																											T			
2	Diet & Good Health	Macro & micronutrients, function/role of nutrients,	6-10	-		+		╞┤															+	+		╈		\square		╉┥			┝─┥
3		Diet analysis, diet related health issues, Gelatinisation, sensory analysis, setting, coagulation,	6-10	-		+		$\left \right $		_		+		+	-						+				-	+	+	\mathbb{H}	+	╋	+	╉┩	┢╼╋
4	Where Food Comes	denaturing protein	3-4	Ц	+	+	╞	Η			4			\mathbb{H}		\mathbb{H}	+			1					+	+	+	Ц		+	4	+	
5	From	impact development. Shaping moulding rubbing in cause	2-3	Ц			╞	Ц			4			\parallel		μ					ļ				\downarrow			Ц		+	+	+	
	Cooking & Food	making, food presentation/decorative skills, water based hob methods. Pizza pinwheels, fruit cobbler. pasties.																															
6	Preparation	meatballs, Bakewell tart, jalousie, lasagne, fishcakes, cal competitions	e 24																														
7	Food Investigation	Practical investigation, food experiment, research, plan, analyse & evaluate.	3-4		T	Ī						T				Π								T						Τ			Π
					T								t							T										Π			
Year 9	Food Commodities	Value of commodities, characteristics of ingredients,		T	T					1		T		T		П						Π	T	T		t							
1	Macro & Micronutrients	preparing and cooking ingredients. Macro & micro nutrients. Protein, amino acids. Fats, oils, lipids, saturated, polyunsaturated, essential fatty acids. Carbohydrates, starches, sugars. Fibre, non-starch polysaccharide, (NSP). Vitamins A, B (group complex), C, D, E, K, water soluble, fat soluble. Minerals, calcium, iron,	10-15																														
2	Diet & Good Health	potassium, magnesium. RDI, energy value, requirements, complementry actions, protein, fat, carbohydrate, deficiencies, macronutrients, micronutrients, dietary fibre. Life stages, toddlers, teenagers, early/middle/late adulthood. Lifestyle, choice, vegetarians, lacto, lacto-ovo, vegan, religious beliefs, occupation, activity level. Recipe, meal, nutritional information. data. content. modify. reduce. increase.	6-10																														
	The Science of Food	Gelatinisation, starches, food storage, food spoilage, high	8.10			T										H								T									
4	Where Food Comes	Tisk roods	8-10													Π				1				1									
6	From Cooking & Food Preparation	development. Setting protein. Setting a mixture - heating (coagulation) Pasties, enchiladas, chilled lemon flan, sweet & sour, risotto, quiche, cottage pie, sponge flan, cake comp.	3-4																														
7	Food Investigation	Practical investigation, food experiment, research, plan, analyse & evaluate.	2-3																														
Year 10																					T	Π											
1	Food Commodities	ingredients (bread, cereal, flour, oats, rice, potaotes, pasta, friut and vegetables incl fresh/frozen/canned/juiced, milk, cheese, yoghurt, meat, fish, poultry, eggs, soya, tofu, beans, nuts, seeds, butter, oils, margarine, sugar and syrup). Comodity features and charateristics, working characteristics & origins.	15-20																														
~	Macro & Micronutrients	Principles of nutrition, macro & micro-nutrients in relation to human nutrition. Protein, amino acids. Fats, oils, lipids, saturated, polyunsaturated, essential fatty acids. Carbohydrates, starches, sugars, simple, complex, monosaccharide, diasaccharide & polysaccharides. function, sources, DRV's, consequences of malnutrition, complementry actions, water, dietary fibre (NSP), amino acids (essential & non-essential).	8-15																														
3	Diet & Good Health	Energy reqirements, planning balanced diets, common dietary issues (CHD, choloesterol, liver disease) specific dietary needs (incl. dental caries, obesity, CVD), currrent nutritional guidelines, nutitional changes throughout life, calculating energy and nutritional values.	5-10																														
4	The Science of Food	The effects of cooking on food, sensory & nutritional properties, selecting appropriate cooking methods, working characteristics of food, food spoilage, food poisoning signs & symptoms(salmonella, campylobacter, e coli, staphylococcus), positive use of micro-organisms food storage & preparation, food hygiene, food wastage, environmental issues & financial implications.	8-15																														
5	Where Food Comes From	miles, shop local, carbon footprint, packaging, food security, environmental issues, sustainability, culinary traditions, British & international cuisine, food manufacturing, processing, production, technological developments, food modification (fortification & modification), additives.	10-20																														
6	Cooking & Food Preparation	cooking techniques, practical skill development (dry heat & fat based hob methods, grilling, selecting & adapting cooking processes, large scale/time-saving equipment, tenderising/marinating, dough making, testing for readiness, judging and manipulating sensory properties), devloping recipes & meals, nutritional needs, lifestyle choice.	40-60																														

		Practical investigation, food experiments, research, plan,																										
7	Food Investigation	analyse & evaluate.	10-15																									
Year 11												П																
		Understand a range food comodities & ingredients.							П			П															-	
	Food Commodities	Experiment & explore physical and chemical changes.																										
1		Consider complimentry actions in a recipe.	3-5																									
		Principles of nutrition, physiological functions of macro								1																	1	H
		& micro-nutrients (incl. trace elements iodine & flouride),																										
	Macro & Micronutrients	function, sources, DRV's, malnutrition, complementry																										
2		actions, water, dietary fibre (NSP)	5-10																									
		Energy regirements, basal metobolic rate (BMR), planning					-		\vdash			H				-				H							-	
		balanced diets (nutritional deficiencies & dietary needs):																										
		coeliac disease, type 2 diabetes, anaemia, bone health.																										
	Diet & Good Health	nut/lactose intolerance). currrent nutritional guidelines.																										
		nutritional changes throughout life, calculating energy																										
3		and nutritional values.	3-8																									
- Ť		properties, working characteristics of food, food			-	+	+	+	\vdash		\vdash	H		+	\vdash	+	\square			\vdash							+	\vdash
		spoilage, food storage & preparation, food hygiene, food																										
		wastage, environmental issues. Experimental work																										
	The Science of Food	developing & modifying recipes. Reasons why results may																										
		not be achieved, how to remedy practical cooking																										
4		situations.	3-8																									
		Food arguing and food arising food miles pooleging			_		-	-	\vdash	-		H				-				H							-	\vdash
		Food provenence, tood origins, tood miles, packaging,																										
		environmental issues, sustainability, cullinary traditions,																										
	Where Food Comes	British & international cuisine (distinctive features,																										
	From	food manufacturing, processing (primary & cocondary)																										
		production (positives & positive offects) technological																										
		developments food modification additives	2.0																									
5					_	++	-	-	\vdash	_		H		+	\vdash											┢	-	\vdash
		factors influencing food choice, food availability,																										
		advanced tood preparation and cooking techniques,																										
	Cooking & Food	practical skill development (advanced knife skills; filleting																										
	Preparation	accuracy/consistency), developing recipes & meals																										
		(singular and multiple), nutritional needs, lifestyle choice																										
		& influences. Independent skill demonstration, time																										
6		management, dish costing,	30-50??				_					Н		_	\square											┛	_	\vdash
-	Food Investigation NEA1	evneriment research plan applyse & evaluate	16 lessons																									
		EORMAL ASSESSMENT: Research planning testing trailing	(01)										_				\vdash	_	+	\vdash	-	\vdash	+	\vdash	_	\vdash	_	\vdash
	Fred Descention (1999)	evaluating dich selection preparation cooking food	5,																									
_	FOOU Preparation NEA2	nresentation	24 Jassons (12b)																									
8		presentation.	2-4 IESSUIIS (1211)		-	+	_						_					-	+	H				H	-	\vdash	-	\square