

Year 9	<p>Autumn 1:</p> <p>Focus/Theme:</p> <p>Eat well Guide</p> <p>Key skills/objectives:</p> <ul style="list-style-type: none"> • Compare and contrast the Eat well guide and Eat well plate • Food items from each portion. • What caused the Government to change from the Eat well plate to Eat well guide <p>Key resources/texts:</p> <ul style="list-style-type: none"> • Student digital textbook • BNF website • Recipe textbooks 	<p>Spring 1:</p> <p>Focus/Theme:</p> <p>Micro nutrients</p> <p>Key skills/objectives:</p> <ul style="list-style-type: none"> • To know the different micro nutrients and their functions. • To know the food sources of each nutrient. • To explain the effects of deficiency and overconsumption. <p>Key resources/texts:</p> <ul style="list-style-type: none"> • Digital text book • Food facts • BNF website • A variety of food ingredients. 	<p>Summer 1:</p> <p>Focus/Theme:</p> <p>Eggs</p> <p>Key skills/objectives:</p> <ul style="list-style-type: none"> • Types of eggs • Uses of eggs in cookery • Effects of various temperatures in eggs • Functional properties of eggs. <p>Key resources/texts:</p> <ul style="list-style-type: none"> • Ingredients to carry out experiments with. • Food facts • Different types of eggs • BNF website
	<p>Autumn 2:</p> <p>An introduction to Energy nutrients (Macro)</p> <p>Focus/theme:</p> <ul style="list-style-type: none"> • Carbohydrates • Proteins • Fats 	<p>Spring 2:</p> <p>Focus/theme:</p> <p>Milk</p> <p>Key Skills/objectives:</p>	<p>Summer 2:</p> <p>Focus/theme:</p> <p>Meat and Fish</p> <p>Key Skills/objectives:</p> <ul style="list-style-type: none"> • Nutrition content. • Chemical structure • Effects of marinating

	<p>Key Skills/objectives:</p> <ul style="list-style-type: none"> • To know the chemical composition of each nutrient. • To understand the effects of different temperatures to the nutrients. • To know the calorific sum per gram. <p>Key Resources/texts:</p> <ul style="list-style-type: none"> • Student`s digital textbook • BNF website • Food facts website 	<ul style="list-style-type: none"> • Types of milk • Nutrition content of milk • Effects of heat on milk • Cooking with milk <p>Key Resources/texts:</p> <ul style="list-style-type: none"> • Digital textbook • Food ingredients • Food facts • BNF website 	<ul style="list-style-type: none"> • Chemical changes which occur when using dry or moist heat for cooking. • Denaturation of fibres. <p>Key Resources/texts:</p> <ul style="list-style-type: none"> • Food ingredients to carry out experiments. • BNF website • Digital textbook. • Food facts
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<h2 style="background-color: #ff0066; color: white; padding: 5px;">Year 10</h2>	<p>Autumn 1: Focus/Theme: Food, Nutrition and Health Key skills/objectives:</p> <ul style="list-style-type: none"> • Key messages from the Eat well guide • Planning meals using the guide • Portioning meals • What is protein complementarity. • Different ways to achieve this. • What is Textured Vegetable Protein and how is it produced. <p>Key resources/texts:</p> <ul style="list-style-type: none"> • A variety of food products. • BNF website • Food forum and food facts • Experiments 	<p>Spring 1: Focus/Theme: Food safety: Food spoilage and contamination and Principles of food safety Key skills/objectives:</p> <ul style="list-style-type: none"> • Micro-organisms and enzymes • The signs of food spoilage. • Micro-organisms in food production. • Bacterial contamination • Buying and storing food • Preparing, cooking and serving food <p>Key resources/texts:</p> <ul style="list-style-type: none"> • Slides with different micro-organism structures. • Student digital textbook • BNF website • Food facts and Food forum 	<p>Summer 1: Focus/Theme: Food Provenance-Environmental impact and sustainability Key skills/objectives:</p> <ul style="list-style-type: none"> • Food sources • Food and environment • Sustainability of food <p>Key resources/texts:</p> <ul style="list-style-type: none"> • Food items • Food packaging • Digital textbook • Food forum • BNF website
	<p>Autumn 2: Focus/theme: Food Science-Cooking of food and heat transfer Key Skills/objectives:</p> <ul style="list-style-type: none"> • Methods of cooking • Classification of methods 	<p>Spring 2: Focus/theme: Factors affecting food choice. British and International cuisines</p>	<p>Summer 2: Focus/theme: Processing and Production Key Skills/objectives:</p> <ul style="list-style-type: none"> • Food production

	<ul style="list-style-type: none"> • Movement of heat i.e. radiation; convection and conduction. • Sensory qualities of foods produced using the different methods <p>Key Resources/texts:</p> <ul style="list-style-type: none"> • Digital textbook • Food items • Practical experiments • Food facts and food forum. 	<p>Key Skills/objectives:</p> <ul style="list-style-type: none"> • Factors that influence food choice • Food choices • Food labelling and marketing influences • Traditional cuisines • Sensory evaluation <p>Key Resources/texts:</p> <ul style="list-style-type: none"> • Food facts • Food forums • BNF website • Food items • Digital textbook 	<ul style="list-style-type: none"> • Technological developments associated with better health and food production. <p>Key Resources/texts:</p> <ul style="list-style-type: none"> • Digital textbook • BNF website • Food samples • Practical cooking
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Year 11	<p>Autumn 1:</p> <p>Focus/Theme: Non Exam Assessment 1 Food investigation task</p> <p>Key skills/objectives:</p> <ul style="list-style-type: none"> • Methods of research • Analysis of research • Structuring a hypothesis • Planning and carrying out experiments • Analysing and evaluating results • Final evaluation <p>Key resources/texts:</p> <ul style="list-style-type: none"> • Food science textbooks • Digital books • Science apparatus • Nutrition programme 	<p>Spring 1:</p> <p>Focus/Theme: Non Exam Assessment 2 Food Preparation Task</p> <p>Key skills/objectives:</p> <ul style="list-style-type: none"> • Analysis of task • Researching the task • Summarising the research • Selecting dishes to prepare • ORACY- presenting ideas to class. <p>Key resources/texts:</p> <ul style="list-style-type: none"> • BBC recipe website • BNF nutrition programme • Digital textbook • Recipe books • Food items 	<p>Summer 1:</p> <p>Focus/Theme: Revision for written paper</p> <p>Key skills/objectives:</p> <ul style="list-style-type: none"> • Modelling long answer questions. <p>Key resources/texts:</p>
	<p>Autumn 2:</p> <p>Focus/theme: Food investigation task continued</p> <p>Key Skills/objectives:</p>	<p>Spring 2:</p> <p>Focus/theme: Non-Examination Assessment 2 continued</p> <p>Key Skills/objectives:</p> <ul style="list-style-type: none"> • Demonstrating technical skills 	

	<ul style="list-style-type: none"> • Analysing and evaluating results • Final evaluation <p>Key Resources/texts:</p> <ul style="list-style-type: none"> • Digital textbook • Science apparatus • Food facts • Food forums • Example scrips 	<ul style="list-style-type: none"> • Recording dishes produced • Planning final menu • Nutrition and cost analysis • Evaluation and analysis of skills and products • Final evaluation. <p>Key Resources/texts:</p>	
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