

Year 10 – Food Preparation and Nutrition

Week	Lesson	Section	Content	Date
Term 1 – Section B				
	1	D	Practical – Pancakes	
2	2	D	Practical – Risotto	09.09.24
	3	B	Food commodities – Bread, cereals, flour and oats	
	4	D	Practical – Wow Me! Oats own choice	
3	5	B	Practical – Fresh pasta	16.09.24
	6	B	Food commodities – Rice, potatoes & pasta	
	7	D	Practical – Koftas & Tzatziki	
4	8	D	Practical – Flat breads	23.09.24
	9	B	Food commodities – meat and fish	
	10	D	Practical – Wow Me! Meat & fish own choice	
5	11	D	Practical –Dutch apple tray bake	30.09.24
	12	B	Food commodities – fruits and vegetables	
	13	D	Practical – Wow Me! Fruit and vegetables own choice	
6	14	D	Practical – New York cold cheesecake	07.10.24
	15	B	Food commodities – milk, cheese and yoghurt	
	16	D	Practical – Wow Me! Milk, cheese and yoghurt own choice	
7	17	D	Practical – Swiss Roll	14.10.24
	18	Assessment	End of unit test	
	19	B		
October Half Term				21.10.24
Term 2 – Section B				
8			INSET	28.10.24
		B	Food security- availability, accessibility & food waste	

		D	Practical – Left over soup	
9		D	Practical – Own choice linked to reducing food waste	04.11.24
		B	Technological developments - GM Foods & Food additives	
		D	NEA 2 – research	
10		D	NEA 2 Practical – trial dish	11.11.24
		D	NEA 2 Practical – trial dish	
			NEA 2 – research	
11			NEA 2 – selecting appropriate dishes	18.11.24
			NEA 2 - Selecting a recipe & time plan	
			NEA 2 – complete time plan	
12			NEA 2 Practical – chosen dish 1	25.11.24
			NEA 2 Practical – chosen dish 2	
			NEA 2 – evaluation	
13			Practical – Christmas fruit cake	02.12.24
			Practical – Christmas fruit cake	
			Practical – Christmas fruit cake	
14			OAP Christmas Party - TBC	09.12.24
			Christmas baking - Biscuits	
			Christmas baking – Decorate biscuits	
15			Christmas activities	16.12.24
		-	Christmas activities	
		-	Christmas activities	
Christmas Holidays				21st – 5th
Term 3 – Section A				
16	46			06.01.25
	47		8 tips for a healthy lifestyle + eat well guide	
	48	D	E revision log on and set up – revise section B – Select fish-based recipe to make next week.	

17	49	A	Practical – Fish cakes	13.01.25
	50	D	Major diet related health issues	
	51	D	Practical – Own choice fish-based meal	
18	52	A	Practical – Beef/veggie burgers & relish	20.01.25
	53	D	Nutritional and dietary needs at different life stages	
	54	D	Practical - Chicken/Halloumi dippers with sweet chilli dip	
19	55	A	Practical – Gluten free own choice using gluten free flour	27.01.25
	56	D	Food intolerances and allergies	
	57	D	Practical - Gluten free own choice using normal flour for comparison	
20	58	A	Practical – own choice linked to allergies/intolerance	03.02.25
	59	D	Energy balance	
	60	D	Practical - low fat meal TBC	
21	61	Assessment	Revision & filling gaps	10.02.25
	62	Assessment	Assessment	
	63	Assessment	Feedback, reflection and goal setting	
February Half Term				17 th -23rd
Term 4 – Section B (food)				
22	64	A	Practical	24.02.25
	65	D	Test results– feedback and goal setting	
	66	D	Practical - Chinese new year own choice	
23	67	A	Practical – Meat based dish (protein)	03.03.25
	68	D	Macronutrients 1/2	
	69	D	Practical - Plant based protein dish (comparison with previous dish)	
24	70	A	Practical – Shortcrust pastry tarts	10.03.25
	71	D	Macronutrients 2/2	
	72	D	Practical - Shortcrust pastry own choice	
25	73	A	Practical - Flaky pastry	17.03.25
	74	D	Micronutrients 1/2	

	75	D	Practical - Falty pastry tart own choice	
26	76	A	Micronutrients 1/2 & Water	24.03.25
	77	D	Practical	
	78	D	Practical	
27	79	A	Revision	31.03.25
	80	D	Test	
	81	D	Feedback	
Easter Holidays				5 th -21st
Term 5 – Section C (cooking and food preparation)				
28	82	C	Why we cook food and heat transfer	22.04.25
	83	D	Practical – Roasted vegetable soup	
	84	D	Practical – Gelatinisation - Mac and cheese	
29	85	C	Chemical and functional properties of carbohydrates	28.04.25
	86	D	Practical – Caramelisation – Crème Brulee	
	87	D	Practical – Maillard reaction – Biscuits	
30	88	C	Chemical and functional properties of fats and oils	05.05.25
	89	D	Practical – Shortening – Shortbread biscuits	
	90	D	Practical – Aeration - creaming method Cupcakes	
31	91	C	Chemical and functional properties of proteins	12.05.25
	92	D	Practical – Foam formation - Meringues	
	93	D	Practical – Aeration – Filled meringues with whipped cream	
32	94	C	Chemical and functional properties of raising agents	19.05.25
	95	D	Practical –Yeast – Focaccia bread dough	
	96	D	Practical – Air – Swiss roll	
33	97	C	Food safety	
	98	Revision	Revision	
	99	Assessment	End of unit assessment	
May Half Term				25 th -2nd

Term 6				
34	100		Science investigation – Enzymic browning	03.06.25
	101		Practical	
	102		Investigation	
35	103		Science investigation – shortening	09.06.25
	104		Practical – shortbread biscuits	
	105		Investigation	
36	106		Science investigation – coagulation	16.06.25
	107		Practical – mini quiche	
	108		Investigation	
37	109		Science investigation	23.06.25
	110		Practical	
	111		Investigation	
38	112		Science investigation	30.06.25
	113		Practical	
	114		Investigation	
39	115		Revision	07.07.25
	116		End of year assessment	

Year 11 – Food Preparation and Nutrition

Week	Lesson	Section	Content	Date
Term 1				
1	1		Housekeeping – Introduction to the year	02.09.24
	2	NEA 1	Theory linked to NEA 1 tasks	
2	3	NEA 1	Analysis of task Plan research	09.09.24
	4	NEA 1	Research	

3	5	NEA 1	Research findings Prediction	16.09.24
	6	NEA 1	Planning investigation 1	
4	7	NEA 1	Planning investigation 2	23.09.24
	8	NEA 1	Planning investigation 3	
5	9	NEA 1	Experiments – 2 hours off timetable to completed	30.09.24
	10	NEA 1	Analysis of findings	
6	11	NEA 1	Analysis of findings	07.10.24
	12	NEA 1	Analysis of findings	
7	13	NEA 1	Evaluation	14.10.24
	14	NEA 1	Evaluation and hand in	
October Half Term				21.10.24
Term 2				
8	15	NEA 1	Feedback and improvement	28.10.24
	16	NEA 1	Feedback and improvement – final hand in	
9	17	NEA 2	Theory linked to NEA 2 tasks	04.11.24
	18	NEA 2	Task selection Introduction Plan of research	
10	19	NEA 2	Research	11.11.24
	20	NEA 2	Research	
11	21	NEA 2	Choice of dishes	18.11.24
	22	NEA 2	Practical – trial dishes	
12	23	NEA 2	Practical – trial dishes	25.11.24
	24	NEA 2	Practical – trial dishes	
13	25	NEA 2	Practical – trial dishes	02.12.24
	26	NEA 2	Practical – trial dishes	
14	27	NEA 2	Practical – trial dishes	09.12.24
	28	NEA 2	Chosen dishes & reasons for choice	

15	29	NEA 2	Costing/food provenance/nutritional	16.12.24
	30	NEA 2	Costing/food provenance/nutritional	
Christmas Holidays				21st – 5th
Term 3				
16	31	NEA 2	Time plan	06.01.25
	32	NEA 2	Time plan	
17	33	NEA 2	Catch up and preparation	13.01.25
	34	NEA 2	Catch up and preparation	
18	35	NEA 2	Practical assessment week Analysis and evaluation	20.01.25
	36	NEA 2	Practical assessment week Analysis and evaluation	
19	37	NEA 2	Complete work	27.01.25
	38	NEA 2	Complete work and hand in	
20	39	NEA 2	Feedback and improvement	03.02.25
	40	NEA 2	Feedback and improvement – final hand in	
21	41	NEA 2	Flexi Week	10.02.25
	42	NEA 2	Flexi Week	
February Half Term				17th - 23rd
Term 4				
22		A	Revision The relationship between diet and health	24.02.25
		A	Revision games and consolidation	
23		A	Revision Nutritional and dietary needs of different groups of people	03.03.25
		A	Revision games and consolidation	
24		A	Revision Energy balance	10.03.25
		A	Revision games and consolidation	
25		A	Revision Macro & Micro Nutrition	17.03.25

		A	Revision games and consolidation	
26		C	Revision Food Science	24.03.25
		C	Revision games and consolidation	
27		C	Revision Food science	31.03.25
		C	Revision games and consolidation	
Easter Holidays				5 th - 21 st
Term 5				
28		C	Revision Sensory properties	22.04.25
		C	Revision games and consolidation	
29		C	Revision Food safety	28.04.25
		C	Revision games and consolidation	
30		B	Revision Food source and supply	05.05.25
		B	Revision games and consolidation	
31		B	Revision Processing and production	12.05.25
		B	Revision games and consolidation	
32		B	Revision Food security	19.05.25
		B	Revision games and consolidation	
33		B	Revision Technological developments Factors influencing food choice	
		B	Revision games and consolidation	